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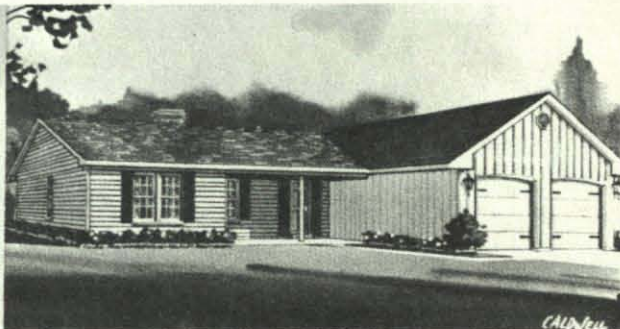
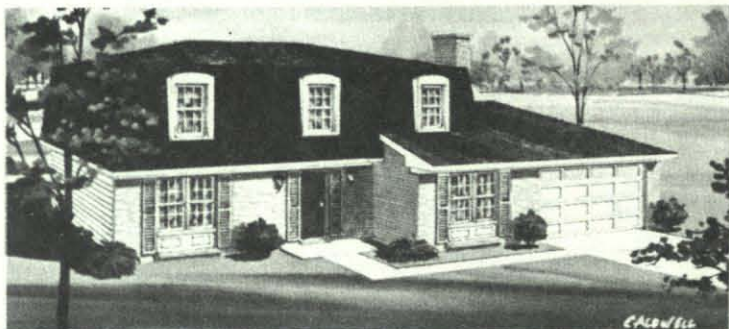
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welcome aboard

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On the Cover: Quiet places for moments of quiet, unrushed thinking. You will find many such places in this area but not many such moments, making the ones available all the more precious. Photograph by Rikki Meier.

editor's notes



Welcome Aboard! Newcomers are probably discovering that NPS is a delightful, exasperating, terrific and frustrating place. We find ourselves in an assignment where there are no long separations, no alerts, no weekend or late night duty. Instead, the academic world provides a new kind of work schedule, new rewards—and new pressures that can sometimes separate a man from his family in a way that no far away tour of duty ever did. We also have at our door the scenery, climate and attractions that bring tourists from all over the world to the Monterey Peninsula.

To help newcomers become familiar with the school and the area CLASSMATE, the magazine of the Officer Students' Wives Club, publishes this special welcome aboard issue twice a year, providing information on local services, organizations, churches and schools as well as the most current phone numbers and hours of operation.

CLASSMATE is a voluntary effort by wives at NPS. Along with news of the OSWC activities the other eight issues each year include our regular features: What's Happening, a calendar of events; the International Message, information on activities of the international students; Away from it All, travel tips; the Q.A. column, an attempt to answer all kinds of questions about life at NPS; Navy Bleu, the recipe section; the Peripatetic Palate, previews of local restaurants; and columns dealing with medical and legal services. In addition the staff writes a series of articles on a different focus each month. We have covered such diverse topics as children, health, real estate, travel and food. For November we will be dealing with women, the problems and the possibilities.

We invite interested people to join the CLASSMATE staff. No experience necessary. We need writers, photographers and artists as well as those willing to help read copy and edit proofs. We are also looking for someone with travel experience in this part of the country who can help us write the travel column. The staff meets twice a month in the evening to put the magazine together and at other times just for fun. Call me if you think you might be interested (372-6044).

We hope you will keep this issue by the phone and refer to it in the months ahead. We also urge you to check the ads in the magazine as you are getting settled in your new home and need shopping ideas. CLASSMATE is financed through advertising. Patronize our advertisers when you can. Without them the magazine would not exist. □

Ann Malokas
Editor-in-Chief



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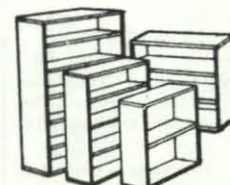
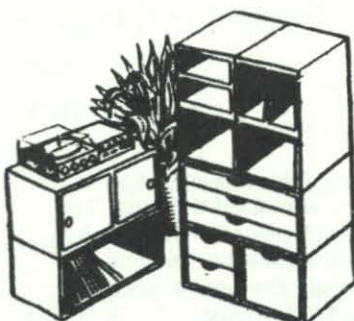
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My husband, daughter and I have been in Monterey six months. We feel very fortunate to be here, after 4½ years of sea duty in Norfolk, Virginia. I am a registered nurse and presently not pursuing that career. When the opportunity presents itself, I treat myself to a night out with the girls, and I sincerely hope each and every one of you will treat yourself to a complimentary Welcome Aboard Coffee on October 19. It will be held in the Barbara McNitt Ballroom on the first floor of Herrmann Hall at 7:30 p.m. This is your

opportunity to become acquainted with what OSWC has to offer in the way of classes, activities and events. The ever popular CRAMALOT skit will also be presented and representatives from the dispensary and the chapels will be available for questions. Best of all, it's a great way to meet old friends and make new ones!

I look forward to meeting you soon. If I can be of any assistance feel free to call me at 372-6223 or drop me a note in SMC box 1285. Welcome Aboard, we're glad to have you! □

Anne Parish
Welcome Aboard Chairman

HELLO! I wish to extend to you and your family a most hearty welcome to the Monterey Peninsula. I am happy to be greeting the newcomers to the Naval Postgraduate School as your new Welcome Aboard Chairman. I am looking forward to working with all the members to continue the excellent work that has been done over the years. Over the next six months I hope to meet most of the members personally and help through club activities to make everyone's stay

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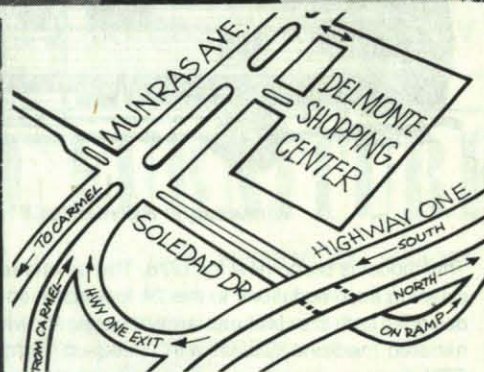
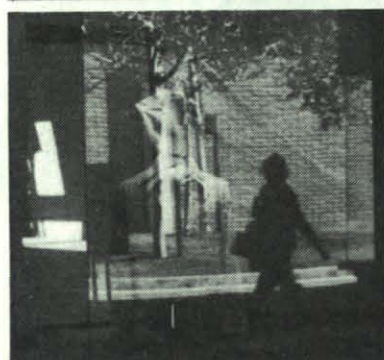
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A new term has begun and I am happy to be representing you as the next President of the Officer Students' Wives' Club. Our board is very enthusiastic and

we look forward to serving you through our many diversified activities. Whether your husbands may be in the Navy, Marine Corps, Air Force, Army, Coast Guard, NOAA (did I miss one?) or from an international country, we invite each of you to join us in what we hope will be a satisfying, enjoyable six months.

Since most of your husbands are preoccupied with studies in either a makeshift den or a library cubicle for hours on end, we have many types of activities to suit your likings or needs, day or night. For instance, OSWC sponsors a bus trip to San Francisco each term (a real favorite and ideal this term for Christmas shopping); a Welcome Aboard Coffee to meet and greet newcomers; a guided tour and tea of the Naval Postgraduate School, a refreshing and historical look into the former Del Monte Hotel; and a Crafts Bazaar where many student wives display and sell their handicrafts. Let us not forget the Military Ball and the Children's Christmas Party. See what I mean?

Information on all the classes offered by OSWC and details about the programs mentioned above can be found in both the monthly CLASSMATE magazine and

the PINK FLYER. The PINK FLYER is distributed to everyone through the student mail center the first month of each new term and to OSWC members the other two months. Other pertinent information about the school and the Monterey area can also be found through these publications so keep a lookout for them.

The OSWC has a Board with officers, committee chairman and Curricular Representatives who are interested in perpetuating and adding to the enjoyment of your tour in Monterey. Our efforts are for your involvement and without your suggestions and participation we cannot represent your interests—so join us. Our Governing Board meetings are held the first Monday of every month in the Tower Room of Herrmann Hall at 7:30 p.m. and everyone is invited.

As I enter into this adventure I extend my congratulations to Lynn Lohrmann and the outgoing board for a job very well done. I sincerely hope that through your support, we will continue in the OSWC tradition to make your stay at the Naval Postgraduate School a most rewarding and memorable tour. □

Laurie Cobb
President

COMMISSIONED OFFICERS AND FACULTY CLUB

The Naval Postgraduate School Officers' and Faculty Club is among the finest in the Navy. Its services are provided to all active duty officers of the Armed Forces, faculty members and other specific groups. BankAmericard and Mastercharge are accepted for package store, evening food services and El Prado bar.

Continental Breakfast — 0730-1030, El Rancho; Luncheon — 1100-1315, El Rancho (Cafeteria); Evening Dining — 1830-2130, El Prado (Friday and Saturday). TGIF on Friday nights 2100-0100. Music Friday and Saturday nights 2100-0100.

Attractive rooms at the Club are available for private parties, and the Club will provide prepared menu selections for home parties. For details call 372-1339.

Remember to make reservations early and do let the Club know if you must cancel them.

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fall fashion show

August, 1978



The fall fashion show, featuring clothes from the Bruhn Family of Stores of Carmel, was a great success. All in attendance were delighted with the variety of fashions for women as well as men and boys. The models' makeup was provided by Mrs. Bonner, the NPS exchange representative for Elizabeth Arden, Inc. Hair fashions for the models were done by Veronica's of Pacific Grove. Live flower arrangements, which added elegance to the outdoor setting, were furnished by the Green Thumb of Monterey. A special thank you is extended to Nancy and Steve Woodall, Windom and Eleanor Estes, Jackie and Bill Clifford, Robert Needham, Nancy and Bob Lemke and Mr. & Mrs. Lloyd Campbell for the use of their fantastic antique automobiles and Dianne Kline for the use of her wicker, lending realism to our theme. Period accessories which graced our display window were provided by the History and Art Association of Monterey. □

The Officer Students' Wives' Club of the Naval Postgraduate School is a unique club offering many varied activities and opportunities.

Listed below are the OSWC officers and committee chairmen and a brief summary of their duties. If you see a committee listed which interests you, feel free to contact the chairman and offer your assistance.

Should you be interested in serving on the Executive Board or as a Committee Chairman there is no requirement of previous experience except in the case of the President (she must have served at least one term as a member of the Governing Board).

Experienced senior officers' wives serve as advisors, and the wife of the Superintendent graciously serves as honorary President.

Staff wives are cordially invited to become associate members of OSWC, attend programs and take OSWC sponsored courses, although they may not hold offices or chairmanships. International students' wives are extended an honorary membership by OSWC upon their arrival in Monterey.

The monthly Governing Board meeting is held in the Tower Room of Herrmann Hall at the Postgraduate School. The time is 8:00 p.m., and we would like to invite you to attend this general meeting and observe in action how OSWC works. □

Who's Who of OSWC

EXECUTIVE BOARD

Honorary President

Bettye Dedman, Code 00
Attends many OSWC functions, provides insight and inspires the club's activities.

OSWC Advisor

Barbara Barron, Code 03, 649-8757
CLASSMATE Advisor. Attends Executive and Governing Board meetings of OSWC as well as most club functions.



President

Laurie Cobb, 375-3756
Presides over the Executive Board, Governing Board and OSWC General Business Meetings and acts as liaison between OSWC and the staff of the Naval Postgraduate School. She appoints all standing committee chairmen and assistant chairmen in accordance with OSWC by-laws and appoints special committee chairmen as needed. She acts as member, ex-officio, of all committees except the nominating committee. She also attends the Officers Club Advisory Board meetings.



First Vice President

Charlotte Houser, 373-5573
Presides over meetings in the absence of the President, or in the event of the President's resignation. She coordinates Curriculum Representatives and maintains a schedule for assembling the Pink Flyer each month. She is responsible for writing OSWC news for CLASSMATE. She serves as the Program Chairman, planning at least two events to include all OSWC members during her term of office and a welcome coffee for new section leaders' wives.



Second Vice President

Sandi Kaplan, 373-3844
Presides over meetings in the absence of the President and the First Vice President. She acts as parliamentarian and serves as chairman of the by-laws committee. She is responsible for reviewing the chairman notebooks, maintaining the OSWC bulletin boards and extending all courtesies in the name of OSWC. She arranges a coffee for new brides of NPS students each year and the tea following the Guided Wives Tour.



Recording Secretary

Pat Laska, 375-5638
Records the minutes of the Executive Board, Governing Board and General Business Meetings. She maintains all OSWC records and is responsible for typing and distributing certificates of commendation as directed by the President.

Committee Chairmen



Activities

Angela Goral, 2239, 649-0273

Arranges classes and seminars which are given by civilian and student wife instructors for members of OSWC. She maintains a list of service organizations which are in need of volunteer assistance.

Adobe Tour

Is appointed in January and bridges two board terms. She secures members of OSWC to serve as hostesses in one of the historic homes or buildings which are open each spring for the annual Monterey Adobe Tour in April.

CLASSMATE Magazine

Ann Malokas, 2330, 372-6044

Responsible for publication of the OSWC magazine ten times per year, working with a staff of volunteers. The Editor should have prior experience in high

school or college journalism or related work experience. The Associate Editor will be trained for three or four months prior to assuming Editorship. She will then serve a minimum term of six months as Editor-in-Chief.

Elections

She heads the nominating committee and sets up elections for the new Executive Board.

Fluoride Program

Debby Marzluff, 1470, 375-0320

Serves as liaison between OSWC and the NPS Dental Department to plan a program of dental fluoridation for dependents and arranges for volunteers to assist in the program during February.

International

Merna Dearth, 1325, 649-4461

Pat Reynolds, Ass't., 372-2446

Corresponding Secretary

Barbara Foote, 372-6298

She is responsible for the general typing, correspondence and mimeographing for OSWC. She maintains the supply closet, the mimeograph and related equipment. She is also responsible for conducting a semi-annual inventory and orders OSWC supplies. She is responsible for mailing an honorary membership card and a welcome letter to each international student's wife.



Treasurer

Marlene Frill, 1426, 372-7881

Keeps all financial records and reports the bank balance at OSWC meetings. She prepares a budget for the approval of the Executive Board at the beginning of each six month term, pays all bills, Federal and State taxes, audits the books of moneymaking committees and is responsible for program reservations. At the end of her term, she audits the books. She checks the OSWC mailbox regularly and delivers mail to the proper individuals.

OSWC MEMBERSHIP

To obtain an OSWC Membership, fill out the form below and return with the appropriate dues to Gail Kramlich, SMC 2622.

Make checks payable to OSWC.
Dues are as follows:

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Jane Tulloch, Ass't., 649-4881
Heads a committee of couples who serve as sponsors for international students and their wives. She organizes many varied activities for the internationals, plans and coordinates the International Night festivities.

Membership

Dorothy Lee, 1846, 649-5795
Makes membership available to all those interested in OSWC. She checks to see that all those participating in OSWC-sponsored activities are OSWC members, and maintains a list of members who are interested in serving on OSWC committees.

Military Ball

Donna Hanson, 1975, 375-5534

Military Community Benefits

Margi Almony, 1681, 373-7386
Organizes at least one fund-raising benefit for charity during her term with the proceeds going to both military and community charities.

Navy Relief

Evalyn Bishop, 2359, 375-3263

Publicity

Marguerite Duncan, 2279, 373-7640
Lori Hoipkemeier, 2395, 372-3617
Provides news releases for the local media about OSWC activities and events. She is also responsible for the publishing and distributing of the Pink Flyer. She is aided by the Curriculum Representatives each month in assembling this flyer. When specific committee chairmen are unable to assume responsibility for specific events, the Publicity Chairman will provide any assistance which may become necessary. She is responsible for maintaining a schedule for display windows located on the lower level of Herrmann Hall.

Red Cross

Judy Havel, 373-0588
Lori Hoipkemeier, 2395, 372-3617

Ways and Means

Gay Hitchcock, 1950, 375-1815
Coordinates money-making projects for OSWC such as the sale of cookbooks, Kidding Around and stationery; makes all arrangements for Bargain Fairs.

Welcome Aboard

Anne Parish, 1285, 372-6223
Sends a letter of welcome to each student wife prior to her arrival and has a Welcome Aboard caller contact her personally upon her arrival. She arranges Welcome Aboard Coffees quarterly to acquaint new wives with OSWC and its activities. The Assistant Chairman coordinates the "Cramalot" skit at the coffees and aids the chairman in her duties. □

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Curricular Representatives

The women on this page are the OSWC Curricular Representatives (CR's). They are liaisons between the various sections in their respective curricula and the OSWC Executive Board. The CR's along with the Committee Chairmen comprise the OSWC Governing Board. If you are interested in serving on this board, contact your CR or any member of the board.

It is the duty of a CR to provide another avenue of communication. She, along with the CLASSMATE and Pink Flyer, informs you of important OSWC and NPS events. □

Administrative Science

Mary Ann Vomastic, 1858, 375-3053



Aeronautical Engineering

Gina Brownsberger, 4632, 372-6040



Command Control and Communication

Jo Clifford, 2858, 375-4220



Computer Technology

Marcia Reed, 2495, 375-8393



Electronics and Communications Engineering

Kyppee Evans, 1268, 372-7214

Intelligence

Roberta Turner, 2825, 372-6713

Naval Engineering

Donna Miller, 1729, 375-9176

National Security Affairs/Area Studies

Chris Mason, 1458, 372-6000



Meteorology and Oceanography

Sharon Yeager, 2337, 373-6896

Operations Analysis

Mary Starner, 1757, 375-7289



Weapons Systems

Mary Kay Jones, 649-6395



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INSTRUCTORS ARE NEEDED: especially for the following courses: Tole Painting, Mexican Cooking, Hydracal Plastercraft and French Cooking. If you would like to teach these or other classes of general interest, please call the Activities Chairman, Angela Goral, 649-0273.

Ballet Exercise for Adults—Elizabeth Clements, 375-1730. \$2.50 per class. Designed to tone and condition the body.

Beginner Ballet and Tap Classes for Adults—Leslie Ziele, 649-0424. Cost for either class is \$2.50 for OSWC members, \$3.00 for nonmembers for each one hour class. Ballet class will be held at 9:30 a.m. on Mondays, Tap class at 9:30 a.m. on Tuesdays at the Community Center.

Bridge—Sandra Clement, 372-1921. Two levels of bridge classes, both beginners and intermediates. Cost is \$12 for

OSWC members, \$15 for nonmembers for eight lessons running 1½ hours each. Classes will include lecture and student play. Call instructor for further information.

Cake Decorating—Sybil Carter (please call Activities Chairman for phone number). Two courses will be offered, basic cake decorating and children's birthday cakes. Each is eight weeks long, three hours per class. Cost is \$16 for OSWC members, \$20 for nonmembers. Call for dates and times.

Children's Dance—Sandie Garris, 625-0328. \$8.00 per month for one-hour classes, once a week. Includes elementary ballet, ethnic movements, modern dance, tap and encourages children to create their own movements.

Chinese Cooking—Bobbi Yingling, 372-8709. "Fun with Chinese Cooking," including recipes in Mandarin, Szechwan and Cantonese cooking. Cost is \$25 for members and \$30 for nonmembers, for five classes running 2 to 2½ hours each. Call for time and dates.

Counted Cross Stitch—Sybil Carter. Six-week course running two to four hours each. Cost is \$8.00 for OSWC members, \$10 for nonmembers. Please call the Activities Chairman for Mrs. Carter's phone number.

OSWC: Activities Galore

Crewel Embroidery—Barbara Musgrave, 373-5973. Learn the 17th century craft with the 20th century appeal. Easy-to-learn stitches to make pictures, clothing and decorative items. The first project is provided. The cost to members is \$12, nonmembers is \$15 for five classes running 2 hours each. Call instructor for further information.

Crochet—Eula McNab, 375-4021. Five-week course running two hours per class. The cost is \$12 for OSWC members, \$15 for nonmembers. Call for times and dates.

Gingerbread Houses—Sybil Carter. A one-day special class to be held in November. Patterns and recipes with instructions will be furnished. Cost is \$2.50 for OSWC members, \$3.00 for nonmembers. Call Activities Chairman for further information.

Gourmet Meatless Cooking—Helaine Clarke, 624-2300. The intent of the course is to introduce new flavors as well as a new concept in cooking with vegetables, grains, tofu and whole foods which give greater nutrition and can lower food costs. The cost is \$20 for members, \$25 for nonmembers for five 3-hour classes.

Hair Care and Design—Leonardo Del Monte Salon, call Chris Graham, 375-1668. No charge. Call for details.

NPS CHILD CARE CENTER

The NPS Child Care Center accepts children from six months of age and over on a reservation basis. Immunization records and birth certificates (for babies) are required on the first visit. Parents of children from six to eighteen months may bring baby food and should provide diapers, a plastic bag for soiled clothes and a diaper bag. Please label all items. Lunch is served between 11 and noon; dinner from 5:30 to 6.

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Home Decorating with Fabric — Helaine Clark, 624-2300. This class will cover making window shades, drapes, curtains, furniture coverings, walls, etc., plus sewing crafts such as covering your recreational vehicle, boat, camping bags, gifts and bazaar items. The cost is \$12 for members, \$15 for nonmembers for five 2½-hour classes.

Instrument and Vocal Lessons—Dr. Bender's School of Music, 372-7857. \$4.50-half-hour, \$9-hour. Call for arrangements.

Interior Design Consultations—Mary Lansdowne, 659-2344. \$7.50 for a ½-hour consultation to discuss interior design problems, particularly for military quarters. By appointment only.

Japanese Flower Arranging—Hobi Hayashi, 375-1066. Live samples of arrangements and diagrams are given to students. Lectures on history of Japanese arrangements, conditioning of materials, color, harmony, proportion, balance and scale are given. \$26 for 17 hours. Call for dates and times.

Macrame—Sandy Holt, 372-1170. Cost is \$15 for members and \$16.50 for nonmembers for six lessons, 2 hours each. Call for time and dates.

Marine Plants and Animals of the Monterey Peninsula—Ann Emery, 375-1642. A series of field trips exploring the local plants and animals of the Monterey Peninsula. Cost is \$12 for OSWC mem-

bers, \$13 for nonmembers. Series of four 2-hour sessions.

Needlepoint—Sally Dewey, 624-2250. \$25 for members and \$30 for nonmembers for beginners, \$30 for members and \$35 for nonmembers for intermediate instruction. Beginners learn basketweave and continental stitches. Canvas, needle and enough yarn to complete the project are included. Intermediates learn the basic 16 stitches and then progress on their own. Lessons are written so that students can keep them in their own notebooks. Call for dates and times.

Oil Painting—Arlene Chapman, 373-5458. Class to be held from 9 to 12 every Monday for six weeks. Cost is \$30 for OSWC members, \$35 for nonmembers. Call instructor for more information.

Piano Lessons—Kirin Surakkhaka, 649-6088. Private ½-hour lessons, once a week. \$20 per month, times to be arranged with instructor.

Planning for the Rest of Your Life—David Allard, 373-3071. Subjects to be covered are: income tax, cost of living, budgeting, wills and trusts, insurance, housing, tax shelters, investment alternatives. Ten-hour course, two hours per week for five weeks. Cost is \$10.

Quilting Techniques and Creative Clothing—Mardie Miller, 624-5067. Cost is \$20 for members, \$25 for nonmembers for six lessons. Each lesson will be 2½ to 3

hours each. Students to furnish their own materials. Call instructor for details.

Beginners and Intermediate Sewing—Hope Stephens, 373-6205. Cost is \$15 for members, \$18 for nonmembers for six lessons. Students supply their own materials. Call instructor for further information.

Custom Sewing for Children—Patsy Aiken, 649-1828. A year-round wardrobe from four basic patterns (included), with flat and 3-dimensional appliqueing, kid-pleasing pockets, reversibles, gripper snaps and much more. 12 hours for \$16, \$18 for nonmembers. Call for time and dates.

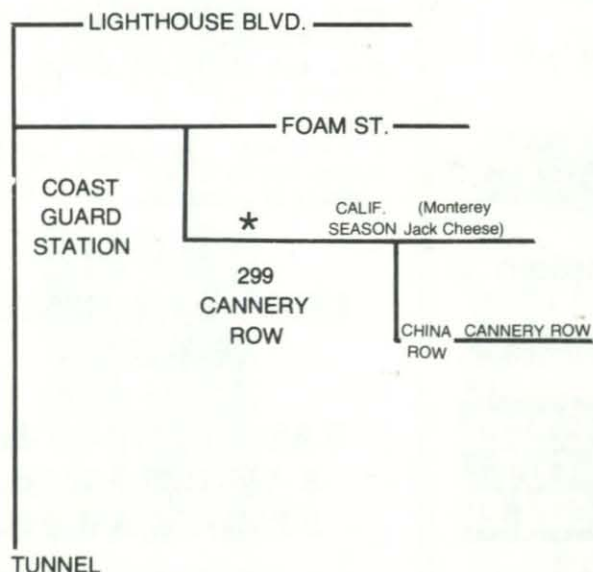
Tennis Lessons—Ann Emery, 375-1642. The cost is \$18 for members, \$20 for nonmembers for six 1-hour sessions. Classes will be held from 9-12 in the morning, Monday through Thursday.

Trimnastics—Rikki Meier, 372-8456. \$16 for two evenings per week for 8 weeks. The 45-minute classes are held Tuesday and Thursday at 7 p.m. in the Community Center.

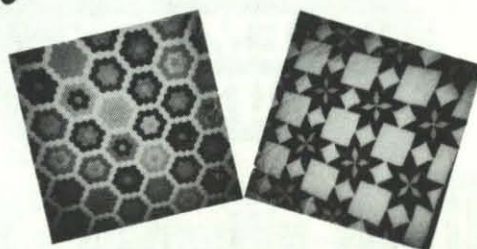


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The Good Neighbor at Every Duty Station

by Lori Hoipkemeier

Welcome to NPS and time on your hands! Although it's called shore duty, there will be times you'll swear your husband's deployed—not to the Med or West Pac, however, just a short cruise to the library, computer center or maybe as close as the study with the door closed and the midnight oil burning. So, if you're feeling lonely and house-bound and need something to occupy hours during the day, why not give the Red Cross a try?

Everyone needs to experience the satisfaction that comes from helping and giving to others. Doing so helps one to gain a feeling of personal worth and pride. With childcare provided at Fort Ord, the Presidio and NPS by the Red Cross, you'll find you can use your talents being a good neighbor in an organization

that is 99% volunteers. After just four short hours of orientation, a volunteer can work at a bloodmobile, Presidio Clinic, Silas B. Hayes Army Hospital or the Dental Clinic. A few more hours can lead to a whole new adventure—teaching CPR, or babysitting courses, becoming a lifeguard—you name it. New ideas are always welcomed.

The Red Cross Bloodmobile visits NPS twice a year. The May drive was a great success with 99 units of blood collected in four hours. The next drive will be held in early November. Students, staff and wives are encouraged to donate blood. In addition to donors, we need volunteers to staff the drive.

We really need people! The OSWC has an active Red Cross committee, and we would like to encourage anyone with a

little spare time to join us. It's rewarding and fun. Orientations are held monthly at the Fort Ord Field Office (242-7801). Call them or your OSWC representative, Judy Havel, 373-0588. □

Watch for further information about the Bloodmobile scheduled to be at NPS on Monday, November 6. □



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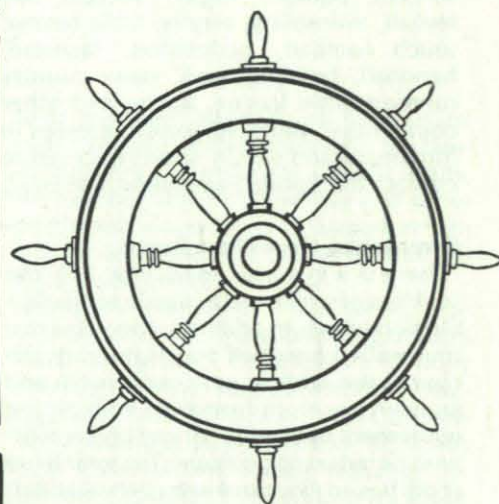
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Navy Relief

by Evalyn Bishop

The Navy Relief Society is operated by an all volunteer staff. Due to graduation, it is in dire need of receptionists, interviewers and workers for the Thrift Shop. Navy Relief hours are given to each volunteer and free child care is furnished by the Navy Nursery. If you have any experience as an interviewer call either Sue Ruputz at 372-1415 or the Navy Relief Office at 375-7665. If you are interested in being a receptionist or working in the Thrift Shop, no experience is necessary. So please call the office if you are interested in volunteering or if you have any questions. Also a Mini-Course is being planned for the fall. More information will follow soon. □



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naval postgraduate school news

Recreational Facilities and Athletic Programs

Athletic Programs

The sports program at NPS includes the following: basketball, softball, "socko" softball, squash, rugby, soccer, volleyball, swimming, tennis, table tennis, touch football, badminton, lacrosse, handball, bowling, golf, cross country running, little league, karate and other competitive sports. Anyone interested in intramural and varsity sports is urged to contact the Sports Supervisor, 646-2497.

Gymnasium-Gear Issue Room

There is a gymnasium in Bldg. 239, the facilities of which are available to all eligible personnel. In addition, there are two four-walled handball courts, two squash courts, the athletic gear issue room and an exercise room furnished with all the equipment necessary for any physical fitness or reducing program. The gear issue room has an extensive selection of athletic and camping equipment which may be checked out to personnel at a nominal daily fee. A complete list of available items and their cost may be obtained at the issue room between 9 a.m. and 5 p.m., Monday through Friday. Other information may be obtained by calling 646-2939 (gear issue room) or 646-2497 (gymnasium).

Picnic Grounds

The picnic grounds are open from 7 a.m. to 6 p.m. daily and are located inside the NPS Golf Course grounds, about 200 yards past the pro shop. Picnic grounds must be reserved in advance. Registration for the use of the picnic grounds may be made at the Recreation Office Monday through Friday. Rules for use of the area will be explained to the person reserving the grounds. Maximum size for groups is limited to 200 persons. Civilian parties must be sponsored by military personnel attached to the Naval Postgraduate School. A request must be made in writing to the Recreation Director for use of the picnic grounds. For all military picnics and for parties extending beyond 6 p.m.,

arrangements can be made by contacting the Recreation Office. A softball field is located adjacent to the picnic grounds. From May through September, it is only available on weekends because of Socko leagues. A refundable cleaning deposit is required.

Tickets

Seasonal discounts and tickets are available for such local events as plays, Little Theater productions, Laguna Seca Races, the Bing Crosby Pro-Am and many other local events. Current information

on what is available may be obtained by calling the Recreation Office, 646-2466.

Tennis Courts

There are 12 courts of championship quality, two of which are located below the swimming pool, two forward of Herrmann Hall, six in La Mesa Village and two beside FNWC at the annex. Courts are to be used for their intended purpose only. Tennis lessons are available through the Recreation Office, 646-2466. Reservations are required for the courts forward of Herrmann Hall.

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Golf Course

The Naval Postgraduate School Golf Course is located behind the Monterey County Fairgrounds. It is a full 18-hole course. The golf course has a clubhouse with snack bar, lounge, ladies' and men's shower rooms, locker rooms and shoe storage facilities. Also located at the course is a combination pro shop and starter shack. A wide selection of retail merchandise is offered to meet the golfer's needs. Telephone 646-2167.

Golf Driving Range

The driving range is located across the street from the pro shop. The hours of operation are 8 a.m. to 5:30 p.m. during Daylight Savings Time and from 8 a.m. to 5 p.m. during other months of the year. Range balls are purchased at the pro shop. The sale of range balls secures at 5:30 p.m. daily. All persons eligible to use the golf course are authorized to use the driving range.

Swimming Pool, Sauna

The swimming pool is open from May 2 to October 30, Tuesday through Sunday, from noon to 6 p.m. (11:00 to 12:00—students, staff and faculty only.) During this period a fee of 50 cents will be charged for all authorized users of the pool or sauna. Bonafide guests will pay a fee of one dollar.

From October 30 and continuing through March 31, 1979, the swimming pool will be open from 11 a.m. to 3 p.m. Monday through Friday, except on national holidays, for a fee of 25 cents. It will be restricted for use during this period to students, staff, faculty, holders of Recreation Department privilege cards and other personnel of the military services, active and retired, plus spouses of the aforementioned personnel. The hours of operation of the sauna bath will be the same as the swimming pool. □



SAILING AT NPS

NPSSA is a member of the U.S. Naval Sailing Association headquartered in Annapolis. It has its own constitution, five officers elected for one-year terms, ten advisors who are prominent in the local sailing community and a monthly newsletter, the *Spanker*. It has traditionally maintained a healthy rapport with the Monterey Peninsula Yacht Club. Quarterly meetings feature programs of interest to sailors, experienced and novice, as well as the opportunity to exchange scuttlebutt. The association is heavily involved with underway training and several regattas.

Membership is open to all military personnel (active and retired, enlisted and officer, national and international) and their dependents 16 years or older; to faculty and civilian personnel GS-11 or

over and their dependents 16 years or older. Membership costs only \$2 per family per year. Membership applications, the current officers' directory and other pertinent association information are posted on the bulletin board outside the Recreation Office.

Anyone interested in the sailing program can call any of the following officers for information: Commodore Sydney Brooks, 375-3384; Vice Commodore (Racing) Don Yaney, 372-5831; Vice Commodore (Training) Ken Patterson, 372-8569; Rear Commodore (Racing/Training) Jim Barron, 375-8532; or Secretary/Treasurer Reggie Eрман, 375-8435.

NPS Recreation Department Sailing Program

The Recreation Department's two Santanas and two Columbias may be checked out by one B qualified skipper and at least one A qualified crew. They may carry a maximum of six persons. The three Shields may be manned by one BS qualified skipper and at least one A qualified crew. A maximum of six persons aboard is permitted.

Sailing periods are three hours in duration. Voyage tickets are available at the Recreation Office for \$3 each on weekdays and \$4 on weekends and holidays. There is no charge for children under ten years-of-age. Parents must provide Coast Guard approved life jackets for their children.

To pursue basic qualification (A and B) the Recreation Office has several brochures. These include "How to Become a Sailor at NPS," "Local Knowledge for Sailors," "NPSINST 1710, 11D series," "Boat Specifications," "Checklist for Operating Boat" and "Sailing Course Locator Sheet." □

Bowling Facility Improved

The lanes at the NPS Bowling Alley have been resurfaced, making this an ideal time to enjoy the game of bowling. The lanes, located across the street from the gym and nursery, charge 10 cents for shoe rental and 45 cents a line. The six-lane alley has open bowling all day Saturday and whenever there are no leagues scheduled. Balls and bags may be ordered there and lessons are offered by the lanes manager.

Current Women's Leagues:

Monday: AM Staff Wives, 9-11:30 a.m.

Tuesday: Tuesday Night Swingers, 8-11:00 p.m.

Wednesday: AM Coffeetimers, 9-11:30 a.m.

Thursday: Afternoon Sleep-Ins, 12:15-2:30 p.m.

Current Couples Leagues:

Wednesday: Bicentennials, 5:30 to 8:00 p.m.; FNWC, 8:30 to 11:00 p.m.

Thursday: Good Losers, 5:30 to 8:00 p.m.; FNWC Number Punchers, 8:30 to 11:00 p.m.

Friday: Navy Ball and Chain, 5:30 to 8:00 p.m.; Books Ends, 8:30 to 11:00 p.m.

The bowling alley is open from 9:00 a.m. to 11:00 p.m. Monday through Thursday and Saturday. Friday it is open until midnight. If you are interested in starting a junior league, or for any other information concerning bowling services at NPS, call the lanes at 642-2288. □

Naval Postgraduate School Tennis Association

Welcome to Monterey and the Naval Postgraduate School where you will find a variety of activities available. Among those, you will find tennis and the Naval Postgraduate School Tennis Association. The NPSTA is open to military (active and retired) and their dependents and all students at NPS. Membership fees are \$3 per person per year or \$5 per family per year. Add \$2 to cover cost of mailing if you do not have an SMC or Code number. Applications for membership may be obtained from the Recreation Department or the membership chairman Diane Bollingier — 372-2319.

The Tennis Association provides a number of activities for its members—tournaments, playdays, social events, singles round robin for men and women, children's tournament and clinic, men's singles ladder, ladies' doubles teams and men's interclub teams. The social events of the NPSTA are held once a month and are a great way to meet other tennis players. From beginner to advanced player, we all enjoy the opportunity of getting together for a weekend of fun tennis.

Tryouts for the ladies B, C, D and E teams were held in August. The B, C and D teams are members of the Monterey Bay Ladies Doubles League and participate with other clubs monthly from September to June. If interested in challenging on to a team, contact Kathy Danberg at 375-1319.

Last spring NPS participated for the first time in the Men's Interclub, which is set

up by the Monterey-Santa Cruz Area Tennis Council. The participating clubs' teams play six singles and three doubles. Tournaments are normally scheduled on Sunday mornings and run for seven weeks in the fall and seven weeks in the spring. The ladder for the Men's C and D teams is drawn from the NPSTA's Men's Singles Ladder. The Men's Singles Ladder and rules are posted at the swimming pool courts and at the Recreation Department. Contact Bob McCormack at

375-6319 for complete information.

Newsletters are sent out to Association members each month to keep them up-to-date on future events and the outcome of past events. We hope that you will contact us if there are any questions.

President: Bob McCormack — 375-6319.

Vice President: Kathy Danberg — 375-1319.

Membership: Diane Bollingier — 372-2319. □



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LCDR Carey Selected for White House Fellow

LCDR Fenton Carey, who earned his Ph.D. at NPS, appears on page 38 of the August 1978 issue of the *Smithsonian Magazine*. He was one of 32 finalists selected from over 2200 applicants for White House Fellow. Professor Allen E. Fuhs was adviser to LCDR Carey on his Ph.D. research. □

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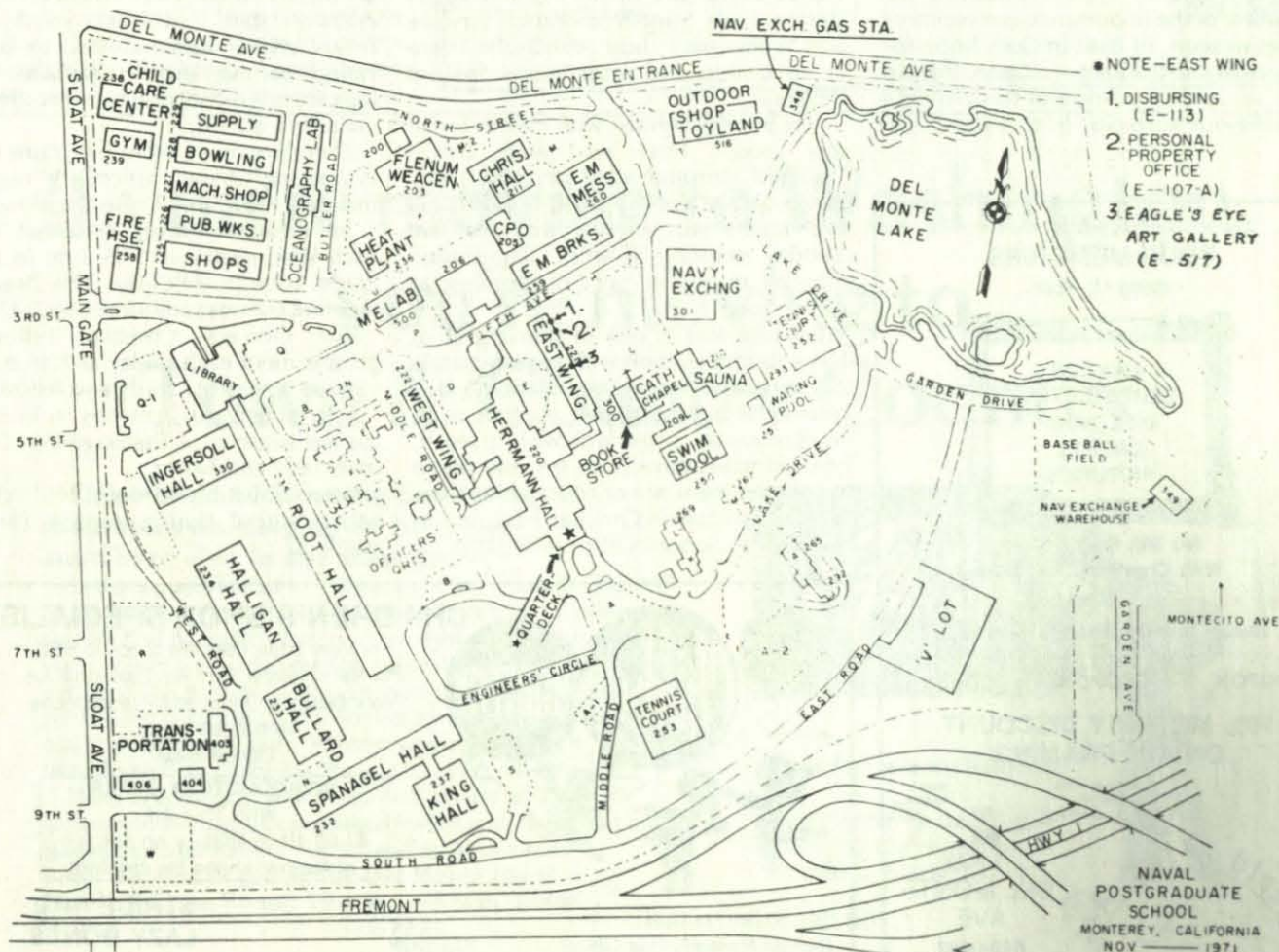
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The Protestant Program

CDR John A. Piirto, CHC, USN, is the Protestant Chaplain. His office is on the first floor of Herrmann Hall near the Quarterdeck. The phone number is 646-2241.

Duty at the Naval Postgraduate School may well be one of the most unique experiences of a military career. It is a time when families are closer together and yet farther apart; when husbands are more continually at home and yet more consistently working. This is a time for families to include among their activities a time for replenishing the needs of the soul with the worship services on Sunday and with the other resources of spiritual nourishment.

At the entrance to the Chapel is the dedication plaque which expresses the purpose and mission of the Protestant Chapel Program: "Now it is because we are aware of the importance and reality of things unseen, of faith in God, hope for tomorrow and the love of all men, that we have set aside a portion of this building for religious worship. In that spirit, we

dedicate this Chapel to the services of God and the spiritual good of all who shall worship here."

The Protestant Chapel is located adjacent to the main lobby of the Administration Building, Herrmann Hall. All personnel, dependents and friends are invited to join in the Services of Divine Worship and to participate in the religious activities of the Chapel family. Worship services are conducted each Sunday at 9:30 and 11:00 a.m. in the Herrmann Hall Chapel. Holy communion is offered the first Sunday of each month.

During the morning worship the choir sings for both services. Rehearsals for choir are held on Wednesday evenings at 7:30 in the Chapel.

For youngsters six months to two years, the Chapel utilizes the competently staffed Child Care Center in Building 238 during both Sunday morning services and Wednesday choir rehearsals. There is no charge and reservations are not necessary.

The Sunday School, with classes for all age groups from two years (when "trained") through adult education, is located on the second deck of Root Hall and meets concurrently with the two Sunday morning services. Registration may be made on Sunday morning at either hour.

Because this is one of the largest of Navy Sunday schools with approximately 225 persons in weekly attendance, a staff of over 50 assistants and teachers, a staff always required. Those who wish to teach, help administratively, or provide piano accompaniment are encouraged to contact the Assistant in Christian Education at the Sunday School Office (646-2415).

The Protestant Women of the Chapel convene quarterly in La Mesa at members' homes for meetings of interesting and varied religious programs with ample opportunities for Christian service. The PWOC oversees the many facets of the Chapel Program which require the "lady's touch" such as attending to Chapel flowers and linens, the preparation of Holy Communion and altar care. The organization carries on a missionary program and joins with other Christian women's groups of the Monterey area in local civic religious affairs. The Haven (a Christian Serviceman's Center in Monterey) and the Victory Mission in Salinas are part of its missionary outreach.

A vital part of the Chapel program is the youth organization which meets on Wednesday evenings. This youth group plans, develops and produces its own evening programs and joins other military groups in the area for retreats and special programs which encourage a sense of service and commitment to the Christian faith.

An active Chapel Council meets the first Thursday of each month in the Superintendent's Conference Room to discuss Chapel business and provide means for fuller participation of Chapel members in Chapel activities. The Council is composed of a president; representatives from the enlisted faculty, military staff, student, youth, and retired/civilian communities; an organization chairman and the chaplains. Meetings are open and all active members are invited to attend.

There are many other programs of the Protestant Chapel which are regularly maintained or are of a seasonal nature.

An informal Prayer Breakfast meets each Wednesday at 6:45 a.m. in the El Prado Lounge (O'Club). This breakfast meeting is always adjourned by 7:45 a.m.

The Officers' Christian Fellowship groups meet each Friday at 7:45 p.m. in various homes for study and fellowship.

Special religious activities are held during the seasons of Thanksgiving, Christmas, Lent and Easter.

A vacation Bible school is held in the La Mesa School during August for one week. □

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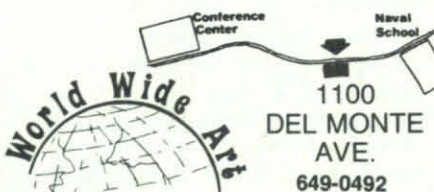


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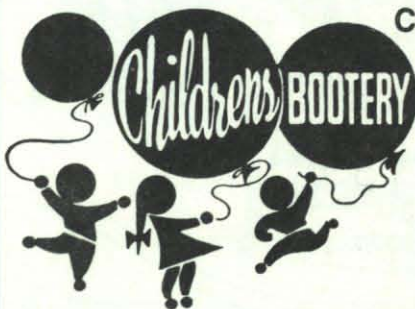


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The Catholic Program

The Catholic Chapel Community of the Naval Postgraduate School extends warmest personal greetings to all readers of CLASSMATE. All students, faculty, staff members and their families are welcome to participate in the Catholic programs.

The chapel is adjacent to the bookstore, near the pool and the main Exchange. The office of the chaplain is in Herrmann Hall, Room 127A, telephone 646-2242. Fr. Frank D. Mintjal is the NPS Catholic Chaplain.

The weekend Mass schedule begins on Saturday afternoon with a 5:15 p.m. Mass which satisfies the Sunday obligation. On Sunday mornings the Masses are celebrated at 9:00 a.m. and 11:00 a.m. Daily Mass, Monday through Friday, begins at 12:15 p.m. Holy Day Masses are offered at 12:15 p.m. and 5:15 p.m.

The private rite of Reconciliation (Confession) is scheduled before each Mass.

While parents are participating at any weekend Mass, free nursery services are provided at the Child Care Center, Bldg. 238 (please, only ½ to 3-year-old children). A "cry room" is likewise available at the chapel. Also, from October through May, preschool religion classes for three to five-year-old children are offered at the Child Care Center during the weekend Masses.

Religion classes for grades 1-8 are taught in La Mesa Village homes each Monday afternoon, and the Catholic Youth Group (grades 9-12) meets every other Sunday at 7:00 p.m. in the Chapel's Fellowship Room, October through May. Adult religion classes meet periodically on Saturdays at 8:00 p.m. in the chapel Fellowship Room.

Praise God! Welcome! □

The Jewish Program

The Jewish Chapel Program is conducted by Rabbi Malcolm I. Cohen, the Jewish Chaplain at nearby Fort Ord.

Services are held at the Patton Park Chapel, Fort Ord at 8:00 p.m. on Friday followed by the Onegshabbat at the Family Life Center, Fort Ord. Bible study groups are held at the Family Life Center at 9:30 a.m. on Saturday followed by the Sabbath morning services and the Onegshabbat. Jewish War Veterans meetings are scheduled for the first Sunday of each month at 10:00 a.m. at the Family Life Center. All active duty military are eligible to attend these meetings.

For additional information or to be put on a mailing list please call the Family Life Center at 242-5374. The rabbi may be reached at 242-6700.

The Patton Park Chapel is located just next door to the Red Cross Center at the corner of 10th Street and 3rd Avenue, and the Family Life Center is located just behind the chapel. □

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Mary Wadsworth and Mary Lou Henry of Town & Country's Military Committee invite you to bring your questions and have a cup of coffee with them Sept. 30, Oct. 1 & 2 at the Del Monte Hyatt House, Marina Room, 10 a.m. — 5 p.m. Daily.
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Lina Galatas and Alex Kolokythas of Greece



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Assistant Chairmen

Interested in sponsoring an international student? If you enjoy making new friends, here is one of the most interesting opportunities you may ever have. Many of our current sponsors graduated recently, so that a large number of foreign students will want to make new American friends. A sponsor is simply a friend that helps acquaint the international with our country and makes him feel at home in the USA. Being a sponsor to an international student at NPS is a most valuable and meaningful experience for one's whole family. It also provides a great opportunity to learn about people of other nations. If you are interested, please call Merna Dearth, 649-4461, Pat Reynolds, 372-2446 or Jane Tulloch, 649-4881.

International Committee Roster

Chairmen: Larry and Merna Dearth, 649-4461; Assistant Chairmen: John and Pat Reynolds, 372-2446, and Jane and Al Tulloch, 649-4881; Military Personnel: Lee Townsend, 649-2346; International Training Officer: CDR Dick McGonigal, 646-2186.

Furniture Closet. We need furniture for the International Furniture Closet. Most of the foreign students are not allowed to ship household goods to the USA; thus this furniture is much needed and appreciated. All donations are tax deductible. Call Arlene Chapman, 373-5458.

Hospitality Closet. Donations are always needed for the Hospitality Closet. The Closet is located in Herrmann Hall and available to all NPS international students. Any dishes, silverware, pots, pans, linens, curtains, drapes or small electrical appliances in good condition can be put to good use. For further information call Carol Erazo, 375-3303.

International Cooking Class

The International Cooking Class will begin about the second week of January, 1979. Enjoy food from a different country each week for nine weeks. The class is limited to approximately 20 people, so sign up early. Call Linda Jacobson, 649-4892. □



Patricia Reynolds

John and Patricia Reynolds arrived in Monterey in August 1977 from Ocean-side, CA where John had been stationed at Camp Pendleton. John is in the Operations Analysis Curriculum. The Reynolds reside in La Mesa Village. Patricia attended the College of Notre Dame, Baltimore, MA, majoring in Economics/Political Science.

The Reynolds have enjoyed their sponsoring experiences and are looking forward to working with the International Committee.



Camille Szymczak

Camille and Bob Szymczak arrived here in February with Rebecca, 14, and Robert, 13, after attending the Armed Forces Staff College in Norfolk.

Bob is currently in Operations Research Systems Analysis-Engineering which keeps him pretty busy. Camille has served on many committees with the Army OWC, which awarded her Outstanding Woman of the Year in 1974. Her hobbies are cooking where she won First Place in the Daily Press Corner on Cooking Contest in 1977 and sewing where a good bit of time is spent making most of the clothes for herself and family.

The Szymczaks have enjoyed their international friends from Israel and Indonesia. The most rewarding experience for a sponsor is introducing an international to the many wonderful things that America has to offer, which Americans take for granted in everyday living.

Bob and Camille are looking forward to a warm and educating relationship with their international friends and hope that they can introduce more of their American classmates to the many benefits of being a sponsor. □



Jane Tulloch

Jane brings a truly international background with her as she assumes her new role. Born in Shanghai, China, Jane was brought up in Bangkok, Thailand and the San Francisco area. She graduated *magna cum laude* from the University of California at Berkeley where she was also elected to Phi Beta Kappa. In her junior year, she studied at *L'Université de Bordeaux* in Bordeaux, France. She has also earned an MA in French and International Studies from the Monterey Institute of Foreign Studies. Jane speaks four languages and three dialects fluently. Her husband Al is the Assistant Curricular Officer for Electronics and Communications.



Linda Jacobson

Jake and Linda Jacobson came to Monterey in June from Quantico, Virginia, where Jake attended the USMC Command and Staff College. Jake is in the Electronic Engineering curriculum. They reside in La Mesa.

Linda, a former teacher, attended State College of Arkansas, the University of Arkansas and Pepperdine University where she earned her BSE and MSE. Her interests include interior decorating, Chinese cooking, macrame, cats, ancient civilizations, equal rights for women, plants and travel.

The Jacobsons are sponsoring a family from Thailand. They are looking forward to their association with the international community. □

feature section



INTERNATIONAL MESSAGE

by Merna Dearth

A distinct pleasure of duty at the Naval Postgraduate School is the opportunity to act as a goodwill ambassador for our country through the International Committee. We are proud of the more than 180 officers representing over 20 nations who are able to share this time with us and who, along with their families, contribute greatly to understanding and friendship among people.

The International Committee began in 1963 using a wife-to-wife concept and has evolved into its present form of family sponsors for each international officer. Being a sponsor is a most rewarding relationship and presents a rare opportunity that should not be missed. This year the International Committee is stressing the second part of our motto — "Be A Sponsor...Be A Friend." How fortunate we are to have this occasion to build an enduring friendship with someone from another land!

A sponsor's first contact with his international should be to greet the arriving officer at the airport. For the international to experience a sincere and warm welcome from a friend from a strange land makes the occasion especially memorable. Normally there will also be people from the respective country to greet the arriving student and to take him to his temporary quarters after the initial meeting with the American sponsors.

Within a few days or weeks or whenever the international feels he needs assistance, the sponsor may help him find a place to live, purchase a car (most American men thoroughly enjoy this task) or help him register his children in school. He may also like someone to acquaint him with the Monterey area, commissary and medical facilities.

The sponsor should be a special friend that the international may feel free to come to with any problem. He should

also encourage the international's independence and help him broaden his social contacts. He should also try to acquaint him with our country and our way of life.

In some cases the internationals prefer to handle the matter of finding a place to live themselves. However, it should be mentioned that if a lease is to be signed, it would be a wise precaution to have the American sponsor check the document before the international signs it.

After the initial settling in, the joy of discovery begins. There is so much information to be gotten and insight to be gained from these very special foreign officers and their families. They want to know all about our land, and in return we Americans learn about theirs. It is truly a fine experience for children and adults alike to learn and understand about each other's customs, culture, religion, etc.

The International Committee provides many things for the American sponsor and his international friend to do together. They may attend the quarterly dances, International Day and evening performance, summer picnic, wives' coffees, children's Christmas party and excursions, to name a few.

The International Committee appreciates the continuous assistance of CDR Dick McGonigal, the International Education Coordinator. His office is in Root Hall, and he is always available to help solve any problem. International students are encouraged to call on him for assistance at any time.

Many sponsors have graduated, and more internationals will be arriving in December and March. There is also a need for sponsors for internationals al-

ready here whose sponsors have left, and who would like to have another American friend. If you are interested in forming a life-long friendship and partaking in a rewarding experience, call Merna Dearth 649-4461 or Pat Reynolds 372-2446.

I would like to say thank you to John and Sandy Kolodziej past chairmen and advisors who have recently left us for a new duty station in Mississippi. John and Sandy gave unselfishly of their time and talents to the committee for over two years. I would also like to extend another thank you to Al and Jane Tulloch, who will step down from the Assistant Chairmanship in November. Al and Jane have sponsored many internationals and have done a fine job as assistant chairmen.

Saying goodbye is never easy, but saying hello is always a happy occasion. The International Committee would like to welcome as our new assistant chairmen when they take over their duties in November: Bob and Camille Szymczak and James and Linda Jacobson.

In December Larry will be graduating, and we will leave the chairmanship in the very capable hands of Pat and John Reynolds, who have worked by our sides as assistant chairmen for the past year. We are honored to have had the privilege of becoming acquainted with the people of the international community and their American sponsors. We will never forget this wonderful experience, and to the internationals—thank you for sharing with us your part of the world. □

Coming Events

International Dinner DanceSept 8
Quarterly DanceDec 8
Children's Christmas PartyDec 10

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NAVY BLEU

by Chris Robison

Quick and Easy

If you are the super Mom who can move into your new home one day and throw a formal dinner party the next—then your abilities are far beyond those of us mortals. Otherwise, read on.

Often in the muddle of moving we retreat to the fast food restaurants till we suffer from burgeritis or taco-trauma. Homecooking need not be complicated. A good meal only requires minimal planning, the basic food groups and a pinch of imagination.

Excellent staples for a quick, nutritious and tasteworthy repast include barbecued or broiled steaks, chops, poultry and seafoods. Don't overlook the cheaper cuts of beef such as chuck. A simple marinade can surprise the most economical meal.

Also, take advantage of the superb fruits and vegetables now in peak production. They offer a myriad of salads and desserts designed to please a family.

The following recipes demonstrate that fancy cooking utensils and appliances aren't what it takes to prepare a satisfying meal.

VEAL IN CASSEROLE

1½ to 1¾ lb. veal
chopped onion
butter
beef suet (optional)
¼ cup white wine
oil
1 small can tomato sauce
1 pinch crumbled rosemary
1 carrot, cut up
1 stalk of celery, sliced
½ cup frozen whole small onions
1 clove chopped garlic
1 pinch oregano
1 pinch thyme
1 pinch basil
1 beef bouillon cube
1 medium onion, cut in pieces
½ green pepper, cut up
½ lb. mushrooms, sauteed
chopped parsley
½ cup peas

In a casserole dish or aluminum throwaway casserole dish, bake veal at 350° with chopped onion, 1 T butter, a little beef suet if desired, and wine until tender. Remove to plate when tender and set aside. To broth in casserole add the tomato sauce, rosemary, garlic, oregano, thyme, basil, bouillon cube and water.

Then, combine onion, pepper, mushrooms, carrot and celery into mixture. Add onions. When almost done add chopped parsley and peas. Cut the meat into 1-inch pieces and add to casserole. Mix and heat until vegetables are cooked, covered. Serve with rice.

OLD SOUTH CHICKEN

3 to 4 lbs. frying chicken, cut up
¾ cup flour
1½ t salt
¼ t black pepper
¼ t paprika
½ t cayenne pepper

Put flour, salt, pepper and paprika into a bag; shake well. Put chicken pieces in and shake till coated in flour mixture. In a roasting pan put corn oil margarine and 2 T oil; put chicken in next. Dot a small piece of butter on each. Bake at 375° for 1 hour to 1 hour 15 minutes. Baste often until light golden brown. For gravy, remove the fat and add some water with



chicken bouillon, salt and pepper. Simmer and, if desired, add a little flour mixed with milk to make a cream gravy. Mushrooms may be added also. This is an easy dish which tastes like fried chicken.

CHICK-PEA SALAD

1 can (16 oz.) chick-peas
4 stalks celery
1½ onions, chopped
1 chopped green onion



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Fillets	2.40 lb.	Large Prawns	7.40 lb.
Petrole Sole Fillets	3.90 lb.	Cocktail Shrimp	3.85 lb.
Red Snapper Steaks	2.50 lb.	Scallops	4.50 lb.
Fillets	2.70 lb.	Live Main Lobsters	5.85 lb.
Rock Cod Fillets	2.20 lb.	Lobster Tails (Australian)	10.00 lb.
Seabass STEaks	2.90 lb.	Californian Lobsters	
Clams	1.40 lb.	Cleaned Squid Steaks	2.00 lb.

Phone Your Orders In

758-2261 Salinas

2 fresh tomatoes in wedges
 ¼ cup oil
 2 T wine vinegar
 salt
 pepper
 oregano
 minced garlic

Mix all vegetables together with spices. Combine oil and vinegar. Shake over salad.

MARINATED VEGETABLES

1 lb. green beans
 1 lb. slivered carrots
 1 lb. peas
 4 stalks of celery, chopped
 ½ green pepper, chopped
 1 t salt
 1 small chopped onion
 pimentos
 1 cup sugar or less to taste
 1 cup vinegar
 ½ cup oil

Fresh vegetables are always preferred but when one is just moving in, why not canned? Cook and drain the beans, carrots and peas. Mix the remaining vegetables in. Bring remaining ingredients to a boil and pour over the mixed vegetables. Marinate for 4-5 hours or overnight.

SUNNY BANANA PIE

1 9-inch graham cracker crust
 2 bananas
 1 8 oz. pkg. cream cheese
 2 cups milk
 1 3¼ oz. pkg. vanilla instant pudding
 toasted coconut

Slice the bananas into the pie crust. Gradually add ½ cup milk to softened cream cheese, mixing till well blended. Add the pudding mix and remaining milk. Beat for 1 minute slowly. Pour into crust, chill. Serve garnished with coconut.

SUPER SUNDAE

This dessert can be anything your imagination desires. Arrange various ice creams and toppings including nuts, whipped cream, fruits and coconut. The guests simply dig into the bowls of goodies and make their own sundae. If the hostess is truly industrious she might have a cake or plate of cookies on hand. □

The holiday season is coming soon. If you would like to share your holiday recipes with CLASSMATE readers contact Chris Robison at 375-9980, SMC 1890. We would also appreciate anecdotes on family holiday traditions.

For men only: CLASSMATE is gathering recipes that are the specialty of the male cooks at NPS. If you have one you are willing to share contact Chris Robison at 375-9980, SMC 1890. □

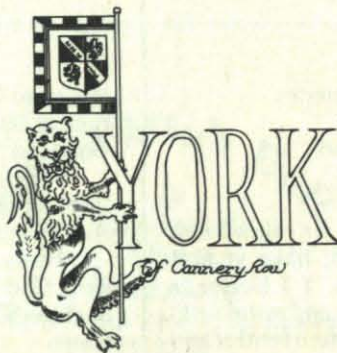


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Dining Out: The Peripatetic Palate

by Nancy Lemke and Ann Malokas

The Monterey Peninsula is a dream come true for gourmets and gluttons. Fancy or casual, exotic or simple, there is a restaurant to please every taste. Warning: all of this fine dining can become habit-forming and can be hazardous to your budget.

We had read about **SANS SOUCI** in many restaurant and travel books. This French restaurant on Lincoln between Fifth and Sixth Streets in Carmel deserves all of the terrific write-ups it has gotten.

We began our dinner with a cold, fresh asparagus appetizer with mayonnaise. This was followed by a delicious salmon bisque and a salad with a perfect, vinegary dressing. For entrees we chose a delicate sole almondine (one of the fresh fish specials of the day) and pepper steak with wine sauce—rich and tasty. Both were served with fresh vegetables.

We did not want dessert at all until we heard someone order a Salzberger Noekrl, a rich dessert omelette we had once eaten in Austria. If you want to try this, order it well in advance, but since it was not on the menu, we had to wait the twenty minutes necessary for preparation. It was well worth it.

Even with this expensive fancy dessert and a half bottle of wine, our bill was \$30. Unbelievable for such good food and friendly service.

If you are one of those people on the lookout for prime rib at reasonable prices, we recommend **BULLY III** on Dolores and Eighth Avenue in Carmel. The meat portions were huge and perfectly done. The well-known salad bar was as impressive as we had heard it was. However, the soups, potatoes and vegetables were only mediocre—lukewarm in some cases—and the place is so noisy that it has little atmosphere for a pleasant meal.

It was not bad for \$25 per couple (with beer), but I don't think we will go back.

Elegant meals in charming surroundings are featured at **ANDRE'S** in the Barnyard at the mouth of Carmel Valley. As we puzzled over what to select from the many mouth-watering items on the menu, we enjoyed the many plants and interesting decorating techniques Andre's employs. After much indecision we chose noisettes of lamb and medallions of beef.

With our dinners we could select either soup or salad. We had salad, an excellent combination of fresh leaf lettuce and large, crispy, homemade croutons. Our



entrees were superb. The lamb consisted of three tender pieces of meat with a succulent, light gravy tasting delightfully of rosemary. The beef was melt-in-your-mouth tender and wonderfully seasoned. Our plates also contained beautifully arranged and wonderful tasting vegetables—broiled tomato, zucchini nicoise and some fabulous scalloped potatoes.

Dessert was tempting, but for once we restrained ourselves. Our bill for two including wine, tax and tip was \$25 and very much worth it. I am already planning a return visit. Reservations are suggested.

In August's **CLASSMATE** we glowed over the quality of lunches at **ST. TROPEZ**. Unfortunately, that charming Carmel restaurant is now only serving dinner. However, dinners there are also excellent and well worth trying. □

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WHERE IT'S HAPPENING

by Linda Shoaff

In addition to all the natural beauty the Peninsula has to offer, there's a variety of events happening every month. Finding something to do is never a problem, but finding the time to do it may be another matter! At any rate try to keep your tour here a busy one socially as well as academically. Welcome to Monterey—you're going to love it.

Sept. 4 **LABOR DAY**

Sept. 8-10 **CHAMPION SPARK PLUG 200**, Motorcycle Championship, Laguna Seca Raceway. Call 373-1811 for ticket information.

Sept. 9 & 10 **ARABIAN HORSE SHOW**, Monterey County Fairgrounds.

Sept. 14-16, 21-23 **SCENES AND REVELATIONS**, a play which won first award in competition, will be presented in Carmel at the Sunset Center at 8 p.m. Call 624-3996 for more information.

Sept. 15-17 **MONTEREY JAZZ FESTIVAL**, Monterey County Fairgrounds. Watch the paper for details and try to purchase tickets in advance.

Sept. 17 **SANTA ROSALIA FESTIVAL**, presented by the Italian-American Community, celebrates with a full day of activities. There's a parade, a Mass at Custom House Plaza and a blessing of the boats at Fisherman's Wharf. Afternoon programs include bands and singers (amid booths of fried squid, pizza, cannoli, etc.).

Sept. 23 **ART AUCTION** by Robert Sills Gallery at Armed Services-YMCA. Preview at 7 p.m. Auction at 8 p.m. For information call Mary Beprestis, 649-0257.

Sept. 23 & 24 **GEM AND MINERAL SHOW**, Monterey County Fairgrounds.

Sept. 24 **DON LUCAS FORD HOSPICE RACE**, Cannery Row, begins at 9:30 a.m. The 6.9 mile A.A.U. sanctioned race which begins and ends at Custom House Plaza benefits the Hospice of Monterey Peninsula (a cancer recovery program). Entries will be accepted (\$5 tax deductible) until 9:30 a.m. on the day of the race. Free t-shirt for all entrants—also many prizes. For more information call 375-4151.

Sept. 29 **TEA, QUILTS and CRUMPETS**, a quilt show by craftspeople who have never exhibited their work before. St. Dunstan's Church, Carmel Valley, 1-5 p.m. Refreshments. Admission \$2.50.

Sept. 30 **MONTEREY LOOP**, sponsored by the Velo Club, is a chance for bicycling enthusiasts to see the Peninsula while getting good exercise. Several Navy families participated last year and thoroughly enjoyed it. The Century, or 100 mile loop, starts in the residential area of San Benancio and goes through Arroyo Seco and Carmel Valley. The Half-Century, or 50 mile loop, follows Reservation Road around Ft. Ord,



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takes the bicycle path to Monterey and Dennis the Menace Park, and then goes up to Jack's Peak. There will be an afternoon Bar-B-Que at the end of the ride for participants of both routes. For an entry form (\$6 before Sept. 22, \$8 later) and more detailed information, write to Velo Club Monterey, c/o Bill Morris, 105 Magnolia Dr., Salinas, CA 93905.

Oct. ? **GREAT SANDCASTLE CONTEST,** Carmel Beach. This event occurs on a Sunday in October, but the date isn't announced until three weeks ahead of time. You can either build your own masterpiece or come as a spectator, but don't miss it. Car pools are recommended, and you're requested to leave your dog at home.

Oct. 2 **ROSH HASHANA**

Oct. 6-8 **MONTEREY GRAND PRIX SCCA CITICORP CAN-AM CHALLENGE,** Laguna Seca Raceway. Call 373-1811 for ticket information.

Oct. 7 **MILITARY BALL**

Oct. 7 & 8 **Pacific Grove HOLE-IN-ONE Contest.** Watch the paper for details. Many prizes are awarded.

Oct. 9 **COLUMBUS DAY.**

Oct. 11 **YOM KIPPUR**

Oct. 14 **BUTTERFLY PARADE, Pacific Grove.** Every year the area children put on costumes and march in a parade to officially say welcome to the Monarch Butterfly. This event has been televised nationally and is one your family won't want to miss seeing in person.

Oct. 14

CHAMBER MUSIC SOCIETY presents the **HAMBURG WUNNER STRING QUARTET** at the Sunset Center Theater. The program begins at 8 p.m.

Oct. 15

MONTEREY COUNTY SYMPHONY presents pianist **BORIS BLOCK** at King Hall, NPS at 8 p.m. Single seats are \$6.50 for adults and \$2 for students. Season tickets may be purchased for the six concerts for \$30 for adults and \$10 for students.

Oct. 18

A dance program by the **CHINESE CIRCUS** will be offered at the Sunset Center, Carmel at 8 p.m.

Oct. 20

CHAMBER MUSIC SOCIETY presents violinist **KYUNG-WHA CHUNG** at 8 p.m. in the Sunset Center, Carmel.

Oct. 26-29

Children's Home Society's **KALEIDOSCOPE** at Monterey County Fairgrounds. This sale benefits the society and offers many beautiful items for early Christmas shopping.



Oct. 31

HALLOWEEN. □

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The Many Delights of the Monterey Peninsula

Hidden Beach at Point Lobos.

by Filomena Sittler

We in the military are often fortunate enough to be able to live in attractive areas that most other people can only visit as tourists. The Monterey Peninsula happens to be one of those places. Thousands visit here every year, drawn by the beautiful shoreline, historic buildings, cultural events, athletic opportunities, and unique shops, and restaurants. Their stays are often frantic as they try to do and see everything in a short amount of time. We, on the other hand, can casually enjoy the area over the next one, two or three years (depending on our orders). In this article, I'll try to give you a general idea of what the Monterey Peninsula has to offer.

Monterey was once California's most important settlement. It was founded in 1770 when Gaspar de Portola established the first of Spain's four California presidios on the southern shore of Monterey Bay. (Today the Presidio of Monterey is a subpost for Fort Ord and the site of the Defense Language Institute and the Training Center Human Research Unit.) By 1800 Monterey was the Spanish capital of Alta California. It remained the capital when the Mexicans began rule in 1822 and again when the Americans came in 1846. The area began to decline in 1848 when gold was discovered, and San Francisco became California's first city.

Several of the buildings erected during Monterey's heyday still stand today. Twelve of them have been preserved and form the Monterey State Historic Park. A dashed red line on the streets of Monterey connects this *Path of History*.



Examples of the structures to be found are California's First Theater, which houses weekly productions of 19th century melodramas; the Larkin House, which is a good example of "Monterey style" architecture and still contains many of its original furnishings; and the Stevenson House, which devotes several rooms to the mementos of Robert Louis Stevenson, a former resident.

In the late 1800's Monterey reclaimed some of its former glory with the fashionable Del Monte Hotel. Originally built in 1880, and rebuilt after fires in 1887 and 1924, it was once one of the most elegant resorts in California. Purchased by the U.S. Navy, it became the Naval Postgraduate School in 1951. Taking the guided tour given by the OSWC in October is a great way to familiarize yourself

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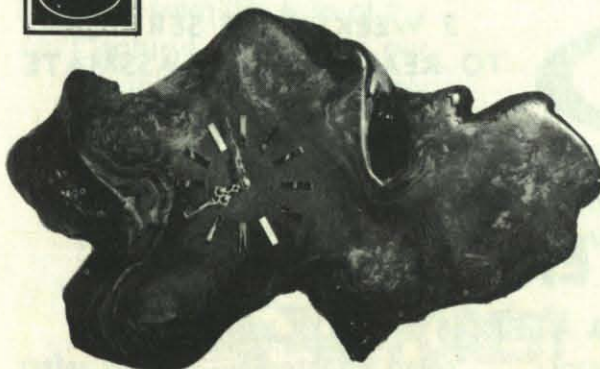
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with the campus and learn about its colorful history.

During the first half of the 20th century, Monterey was a booming commercial fishing center. On the Municipal Pier, which extends from the foot of Figueroa Street, you can still see fish being unloaded from commercial fishing boats and being cleaned and packed in the processing plants there. Four blocks west is Fisherman's Wharf. Here you'll find novelty shops, an art gallery and several seafood restaurants.

Farther west along the coast is Cannery Row. This area, made famous by the John Steinbeck novel, was the fish processing center when the fishing industry was at its peak. When sardines, the canneries' biggest product, began disappearing in the early 1950's (they were either fished out or migrated elsewhere), the canneries began to close. Since then the abandoned structures have been rebuilt, and today they contain gift shops, art galleries and restaurants.

From Cannery Row the drive to Pacific Grove by way of Ocean View Boulevard is simply beautiful. Along the rocky coast, you're bound to see several scuba divers and, if you're lucky, some sea otters. The boulevard goes past the Lovers Point Municipal Beach on around the peninsula to the Asilomar State Beach.

Not far from here is the Pacific Grove entrance to the 17-Mile Drive. The drive was built 50 years ago and originally encircled the entire Monterey Peninsula. Now it only goes through the Del Monte Forest. The toll for cars is \$4, which includes a map of the forest. Along the drive you'll get dramatic views of Monterey Bay and its rocky shoreline. You'll also drive by the famous Pebble Beach Golf Course and many exclusive homes.

The 17-Mile Drive's other gate leads to

Carmel-by-the-Sea (the town's official name). Originally flourishing as a haven for struggling artists, musicians and writers, Carmel is now a tourist mecca. Its main street, Ocean Avenue, is lined with small shops, art galleries and restaurants. On weekends it's jammed with people and cars. The saying is that if the struggling founders were to come to Carmel now, none of them could afford to live here.

Carmel seems to have a love-hate relationship with tourists. Its economy is almost totally dependent on them, but its residents want to make sure the tourists don't ruin their small town lifestyle. They allow no neon signs, no stop lights, no billboards or large signs, and don't even have home mail delivery.

At the end of Ocean Avenue is a beautiful white sand beach bordered by weathered Monterey cypress trees. The beach is great for sunbathing or walking, but unfortunately it's not safe for swimming.

About a mile south of downtown Carmel is the mission that gave the town its name. The Basilica San Carlos Borromeo del Rio Carmelo was moved here in 1771 from its original location near the Presidio by Father Junipero Serra, who used

it as his residence and headquarters. He died here in 1784 and is buried beneath the church floor. The display of relics from the mission's early days provides insights into the local lifestyle of the late 1700's.

Nearby, at the southern end of the Monterey Peninsula, is the 1,500-acre Point Lobos State Reserve. Here is a perfect spot to hike, picnic, sun on the beach, explore tidepools or just enjoy looking at the rugged coastline.

This has been just a brief description of the area. One way to find out more is to read the *Monterey Peninsula Review*. Published weekly, it lists upcoming events, restaurants, art galleries and recreation facilities. You can get a copy free of charge at the NPS Recreation Office and at many local restaurants. The best way is to read *CLASSMATE*. The "Where It's Happening" column gives a monthly rundown of what's going on around town, and the "Peripatetic Palate" supplies frank comments on the peninsula's restaurants. A worthwhile investment is the *Sunset Travel Guide to Northern California*, available at the NPS bookstore. Chances are the more you see and do, the more you'll enjoy your stay. □

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A Civilian Wife's Reaction to NPS

by Margaret Schue

California! What a great opportunity for my husband and me to experience a new climate and meet new people. Never having moved so far away before (we are both native Hoosiers), I was very concerned about the wear-and-tear on our furniture, the quarters we would be living in and the reaction we would receive from the military personnel as civilians at a Naval facility.

I soon learned that my fears were unfounded. Upon our arrival in Monterey, we went directly to campus to get all the necessary records and forms filled out

and were then given directions to La Mesa. We were relieved to find the housing office personnel so helpful and thoughtful. They gave us keys to look at a few of the quarters. We ended up taking the first one we looked at, and Mrs. Edwards said we could move in a few days. This was perfect since our furniture was scheduled to arrive two days after our apartment would be ready. Our next door neighbors loaned us a spare mattress and linen, and our neighbors above let us use their cookware, table service and bedding. What a blessing — we

could move in and save the expense of two more nights in a motel. We were invited to enjoy home-cooked meals and reminded to "come over if we needed anything at all." We would have been lost without the generosity and kindness of our new neighbors.

When we left Indianapolis, all we knew about NPS was its general location and that the student body consisted of Navy personnel, international students and a few civilians. Later I realized that students from all branches of the service were attending classes here. I knew that civilian students were in the minority but I was curious as to what the actual figures were. After inquiring I obtained the following figures.

Navy, 581; Marine, 60; Coast Guard, 20; Air Force, 52; Army, 67; Int'l., 195; Civilians, 37; Total, 1,012.

The climate and vegetation here is so different to us that it seemed like another country entirely, and after speaking with other student wives I was beginning to wonder if a different language was spoken here as well. What did these wives mean when they talked about BAQ or BOQ, the commissary, exchange, PX, convenience store and free air flights? It was embarrassing to them and me to have to ask what they were talking about and then explain that we were civilians here and thus did not have access to many of these services.

Since our arrival here, I have spoken to a few other civilian wives to get their reactions to the PG school and Monterey. Some wives were familiar with the military since their husbands had served at one time, but all reactions were very favorable. Everyone I spoke to was impressed with the friendliness of the people at La Mesa and at school. They had a pleasant move and those with children were pleased with the school system.

All in all, I can't say enough good things about the wonderful people we have met here. I truly enjoy the use of the convenience store, and I am learning (slowly but surely) some of the various military terms and the military time schedule (though on a few occasions I've had to verify an appointment at 1515 or a work schedule from 1330 to 2200).

So please don't be upset if an unfamiliar civilian wife is confused and has to interrupt for clarification. We really are very normal people who are enjoying their stay here in Monterey and the wonderful people we have met here. □

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Professor Wilde Receives Excellence in Teaching Award

The Rear Admiral John Jay Schieffelin Award for Excellence in Teaching has been awarded for the ninth time at the Naval Postgraduate School. This year's recipient is Professor Carroll O. Wilde, Chairman of the NPS Mathematics Department.

Professor Wilde has been with the Naval Postgraduate School since 1968, and has been department chairman since 1976. This year's award marks the first time a department chairman has been selected.

The award, presented annually, is made possible in part through a grant to the Naval Postgraduate School Foundation.

In selecting the recipient, a committee of faculty members, appointed by the NPS Provost, recommends an individual after careful polling of students and alumni. The recommendation then is forwarded to the NPS Superintendent and the NPS Provost for final approval.

Professor Wilde's name will now be etched on a plaque with the past recipients as part of the Gordon Newell Sculpture "Flight" at the NPS Dudley Knox Library.

Wilde received his Bachelor of Science degree from Illinois State University in 1958 and earned his Doctor of Philosophy degree from the University of Illinois in 1964. □



NPSTA

September and October Calendar

September event: Mixed Doubles Tournament—Time to find that partner and get in some practice.

October event: NPS Recreation Department Fall Tennis Tournament will have Men's and Ladies' Doubles and Singles and Mixed Doubles. □

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Everything You Wanted To Know About Military Medicine But Were Afraid To Ask

by Lt. Gary Rupp

Q. I understand the family practice concept of care as practiced at the Presidio Health Clinic, but I'm not sure I understand what a family practitioner physician is?

A. The family practitioner physicians are fully trained specialists with a minimum of three years of graduate medical education, during which they receive intensive training in the various other medical specialty disciplines. The family practitioners' training prepares them to recognize and deal with 85% to 90% of the problems confronting a physician in a

primary care setting. The remaining are referred to the appropriate specialist. Family practitioners are trained to do normal and complicated obstetric procedures. Minor surgery is well within their realm, including procedures such as vasectomies and D&C's. They are trained extensively in pediatrics, and to recognize emotional illness and to treat all but the major psychiatric illnesses. Under the family practice concept, the family practitioners are considered home base to the entire family and when necessary are referred to specialists by them; in short the family's doctor.

Q. What benefits are available for dental care under CHAMPUS?

A. CHAMPUS does not include a dental benefits program. Benefits are not payable for any dental work, dental care or dental X-rays. However, part of medical (not dental) treatment benefits are available for care that is medically necessary in treating an otherwise covered medical (not dental) condition when the dental care is an integral part of the treatment of the medical condition and is essential to controlling the primary medical condition. An example is eliminating a generalized, non-local oral infection that is causing or directly affecting a medical condition being treated. Preauthorization is required for covered dental treatment or related hospitalization and should be requested at least 30 days in advance. A preauthorization is good for 90 days from the date it is issued unless another period of time is specified. The Health Benefits Counselors at Military hospitals will assist the patient and physician in obtaining the preauthorization.

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Q. Is there any chance that strictly dental care will become a benefit under CHAMPUS in the future?

A. A \$100 million proposal under CHAMPUS to share the costs of diagnostic and basic dental care for active duty dependents, retirees and their dependents has been approved by the Defense Department. The proposal is in the Office of Management and Budget for consideration. If OMB and the President agree, legislation could be sent to Congress next year. Prospects for passage of this proposal at this stage are only 50-50 at best. □

Q.A.

Any questions and opinions, mad and glad, about La Mesa housing area, the Naval Postgraduate School and other area military services? Connie Niemeier, our Q.A. columnist, is waiting to hear from you. Contact her at 372-7860 or SMC 1753. □

Housing and the NPS Family

by Lari Johnson and Nancy Lemke

Probably the main concern of the military family upon receipt of orders is the housing situation at the new duty station. Availability of housing, both military and private, the cost of buying or rent, the location of desirable neighborhoods and schools and so forth are all questions which arise long before the movers arrive.

Naval Postgraduate School students and their families may choose to live in Navy housing, located exclusively in La Mesa Village about a five minute drive from NPS; to buy a home; or to rent on the economy.

Home prices on the Peninsula are high (\$70,000 and up — mostly up). Home prices and rentals vary with the location of course, but rentals are also on the high side. Keep in mind that the Monterey Peninsula area attracts many tourists and wealthy retirees, so property values and rents continue to rise. Buying real estate is always a wise investment, but it is best to check with local realtors before purchasing a home.

La Mesa Village consists of 877 units of various ages, size, location and design. Sixty-seven per cent of NPS student families live in La Mesa Village as well as military faculty members and other military families stationed on the Peninsula. A convenience store, beauty salon, 6 tennis courts, Little League fields and numerous playgrounds are located in La Mesa as well.

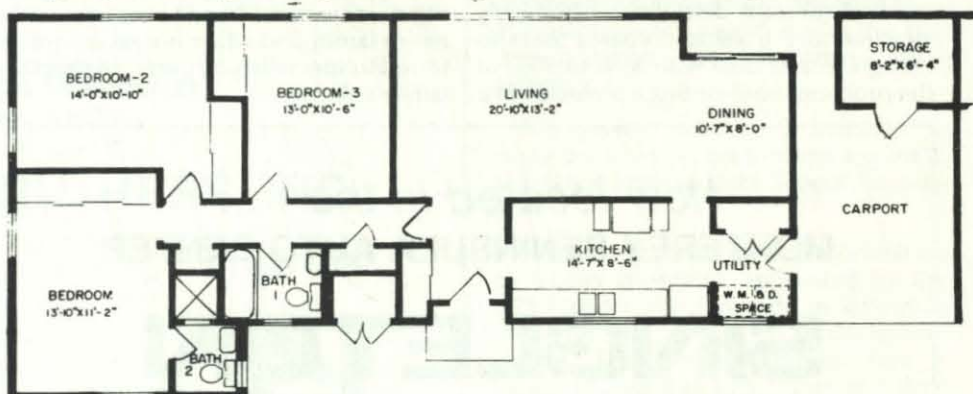
Housing designs range from 2-story townhouses, to quarters with 4 bedrooms and a study, to single homes with fireplaces, to quadruplexes and duplexes with all combinations of bedrooms and baths. There are 34 different floor plans in all. Yards range in size from quite large to postage stamp.

According to housing office policy, rank and number of children determine which houses are available to incoming students.

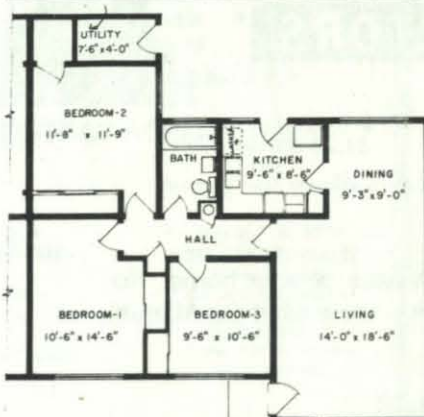
The housing office is required to offer incoming students homes with 2 floor plans for which they are eligible. Sometimes these are also the only homes available, but often this is not the case. With 34 floorplans to choose from the odds that there are only two available for which you qualify are low. You DO NOT have to accept the first house you are offered; you may wait for a more preferable one to become available. Many homes are in maintenance for varying lengths of time and can become available at various times. However, you should be aware that the housing office has the right to put you at the bottom of their planning list if



Type Q-3: This Capehart duplex has 1200 square feet and lots of storage area.



Type E quarters: Known as a "quad," this small Wherry unit is the most common floor plan in La Mesa. It has about 1000 square feet of livable area, little storage, and no carport.



you do refuse what you are originally offered.

Before you go to the housing office, drive around La Mesa. Jot down the area you feel you prefer (65 or 69 Townhouse, etc.). But be realistic — you may not qualify for what appeals to you most. Remember, however, that each person qualifies for more than one type of quarters, and between what is available and

what you qualify for you should find a satisfactory home. Assignment will be made from units that are available and not to units that are in maintenance cycles.

La Mesa has four housing areas:

1. Wherry Housing, which is the oldest and largest, consisting of 449 units, with square footage from 811 to 1622 square feet. The units are singles, duplexes or

quads, 1 and 2 stories with from 2 to 4 bedrooms (some plus a study) and from 1 to 2 baths. Some units (117) have attached carports, 192 units have fireplaces and all Wherry kitchens have been remodeled and dishwashers installed. There are 17 floor plans to choose from in the Wherry area.

2. Capehart Housing, built in 1963, contains 150 units with 9 different floor plans. The living area ranges from 932 to 1393 square feet with 2 to 4 bedrooms and 1 to 2 baths. All the Capehart homes have attached carports, 38 are single homes with fireplaces, the rest are duplexes.

All Wherry and Capehart units have medium to large lawns and are surrounded by lots of green, open areas.

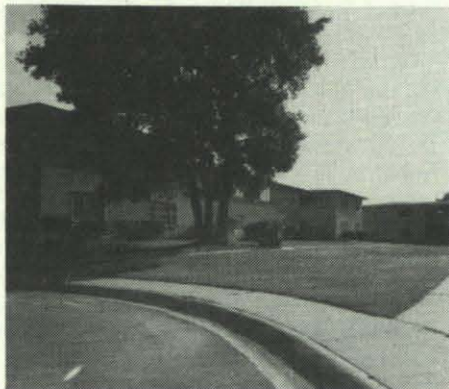
3. Funded Townhouses (Bergin Drive and Ricketts Road), built in 1965, have from 3 to 8 units per building. All but 12 of the 160 units are two-story, all have 3 bedrooms and from 1 plus 2 half-baths to 2 baths, but none have carports or fireplaces. Most have small yards. They all have enclosed terraces. The sizes range from 1171 to 1228 square feet. There are 5 floor plans available.

4. Funded Townhouses (Michelson Road), built in 1969, are also multiple dwellings with 4 to 8 units per building. All are two-story floor plans from 1031 square feet with 2 bedrooms and 1½ baths to 1406 square feet with 4 bedrooms and 2½ baths. Again, none of

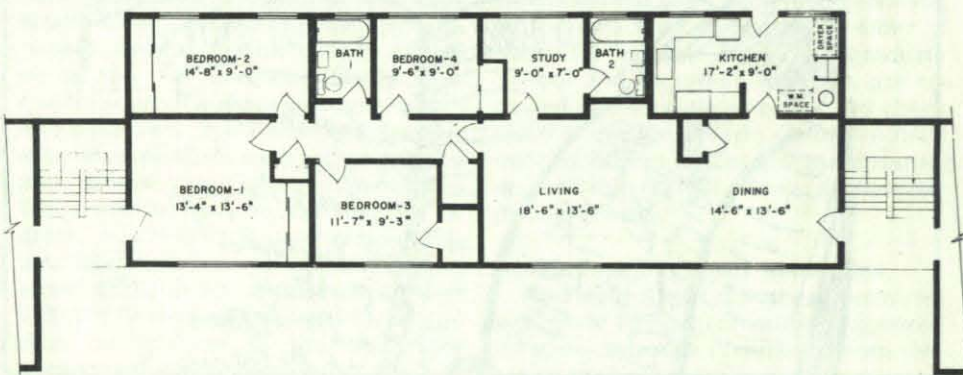
these have carports or fireplaces and only a few have large yards. There are 118 units with 3 floor plans.

None of the townhouses have built-in dishwashers.

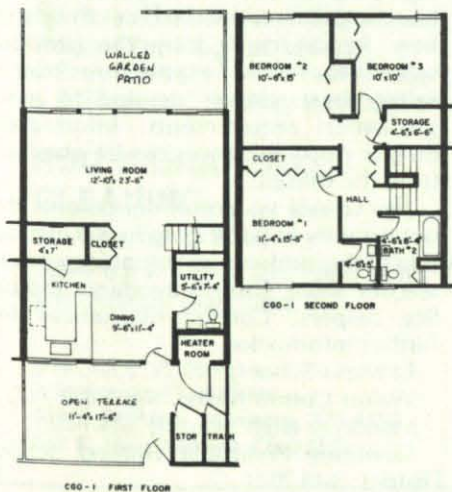
If you have questions about the availability of housing or exactly what floor plans you are qualified for, contact the Housing Director, Greg Murphy, 646-2321. □



Type B-4: This is the largest La Mesa unit with 1622 square feet, including a study. Located in the Wherry area, it is a two-story building, with one unit above and one below.



CGO-1: The above townhouse model has 1221 square feet and one full plus two half baths. Note, however, that the front (and only) door enters into the dining room/kitchen area causing a decorating nightmare.



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The Monterey Peninsula has an excellent school system. The regular educational program includes:

Elementary: Kindergarten through Grade 6

Junior High School: Grades 7-8-9

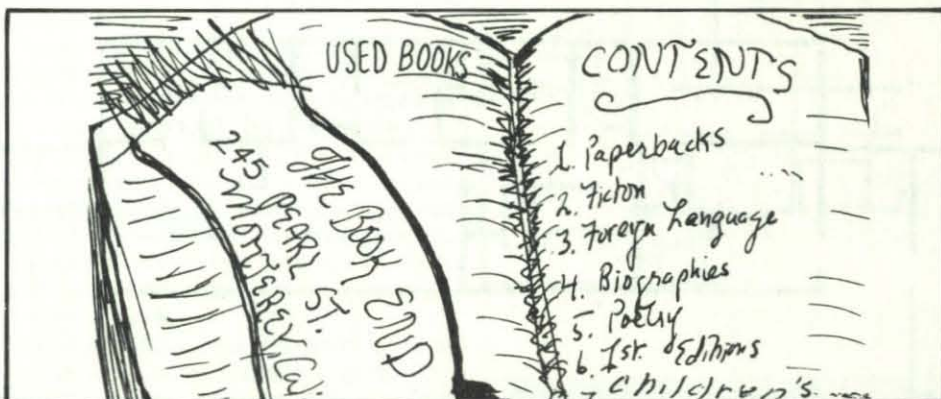
High School: Grades 10-11-12

There are special education classes available for the mentally retarded, visually handicapped, the mentally gifted and aphasic students.

The schools for the La Mesa housing area are: La Mesa Elementary School, Walter Colton Junior High and Monterey High School. The staffs of these schools are familiar with the problems of the Navy dependents and make every effort to help the children adjust to the new school system.

SCHOOL INFORMATION

Textbooks and other supplies are provided for all grade levels with the exception of gymnasium clothing in grades 7-12. School buses provide transportation to the junior high and high schools. Hot lunches are served daily in the cafeterias. At La Mesa the charge is 50 cents per meal. A single ticket for 5 meals is available on a weekly basis for a charge of \$2.50. A 20-meal monthly ticket can be purchased for \$10.00. Although the plans are called, respectively, weekly and monthly tickets, each ticket is good for the designated number of meals, regardless of the time period over which it is



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used. Visiting adults may eat in the cafeterias for a fee of \$1.00. For those who bring their lunches, milk is available for 10 cents.

At the junior high, lunches cost 60 cents, and for high school students they are 60 cents. Milk is 10 cents at both, and lunch tickets are also available.

The school year for La Mesa Elementary has been changed from that of the other city schools to coincide with the Post-graduate School year. A child must be five years old by December 2nd to enter kindergarten. Verification of birthdate is required. All new students must present immunization records. Children must be up-to-date on DPT, polio and measles (rubella) immunization. California has recently passed a law requiring physical examinations for ALL children entering the first grade. Forms for the examination can be obtained from the school office at the time of registration. Arrangements for these physicals may be made through the Army Medical Clinic at the Presidio.

Report cards from the previous school year are helpful in class assignments.

Registration for junior high and high school may be completed at any time during school hours. Immunization records must be presented at the time of registration. Report cards from the previous school year should be brought in order to select those classes needed to meet graduation requirements. Information on bus stops and times can be obtained from the offices.

The school system offers parents the opportunity to participate in the instruction of the students by volunteer work as teacher aides, library attendants and office helpers. Contact the offices for further information.

La Mesa School: 649-7474 or 7475.

Walter Colton Junior High: 649-7175.

Monterey High School: 649-7482.

Monterey Peninsula Unified School District: 649-7011. □

porting in so that the staff may prepare for your arrival.

Emergency Treatment

An emergency is defined as a sudden onset of an illness or injury which to delay treatment could conceivably endanger the life or health of the individual or cause permanent disability. Emergencies will be treated anytime *during normal working hours* at the Presidio of Monterey Health Clinic. However, please call the clinic prior to coming in for treatment. This call will enable the medical staff to prepare for your arrival.

After hours all emergencies are directed to the Emergency Room, Silas B. Hayes Army Hospital. A call to the emergency room (242-7631) will help prepare for your arrival.

Ambulance Service

(1) LaMesa Housing Residents — Dial 911. (2) Residents of the Monterey Civilian Communities — Dial 911. (3) Naval Postgraduate School Campus and Annex — Dial 2333.

Ambulance Billing Procedures

Active Duty Navy/Marine Corps personnel who receive a bill for ambulance service or any civilian medical care must present the bill to the Navy Medical Administrative Unit, Presidio of Monterey Health Clinic for processing.

Ambulance service for dependents and retired personnel is an authorized benefit under CHAMPUS. Billing for ambulance services may be paid by CHAMPUS after the required deductible has been met.

Release of Health Care Records to Individuals other than the Patient Concerned

Health care information or records shall be released to authorized representatives of the individual concerned only upon written request of the individual or his court appointed representative. In part, when a sponsor or spouse wishes to pick up the health care record of any other adult member of their family, they must present a written request and the Identification and Privilege Card from that member before the health care records will be released.

Civilian Outpatient and Inpatient Care (CHAMPUS)

Information on the CHAMPUS program and health benefits counseling is available at the CHAMPUS Office, Fort Ord Army Hospital; call 242-4823 for assistance, or call the Naval Medical Administrative Unit, Presidio of Monterey Health Clinic, 242-8614. Authorized outpatient medical care for military dependents may be obtained directly from civilian sources without reference to any military activity. It is advisable to inquire as to what medical care is authorized and also to seek care from civilian sources that participate in the CHAMPUS Program, as CHAMPUS pays "reasonable fees" and, in the case of outpatient care, a deductible of \$50.00 per individual or \$100.00 per family is required each fiscal year. In addition to the deductible amount active duty dependents pay 20% of the remainder of the costs; retired and their dependents pay 25%. Inpatient care for all active duty military dependents, retired personnel and their dependents must be rendered by the Silas B. Hayes Army Hospital, Fort Ord. The patient must obtain a "non-availability" statement prior to seeking inpatient care from civilian sources if the Government is expected to pay for the civilian hospitaliza-

tion. Cost for inpatient care of an active duty dependent is \$25.00 or \$4.40 per day, whichever is greater, and for retired and their dependents the cost is 25% of the bill.

Naval Medical Administrative Unit Monterey

The Naval Medical Administrative Unit is located in the Presidio of Monterey Health Clinic (242-8614). The Unit is a Medical Administrative activity under the command and support of the Naval Regional Medical Center, Oakland, California. The Officer in Charge of the Unit will be a Navy Medical Service Corps Officer. The Unit is responsible for the coordination of medical care of all Navy and Marine Corps beneficiaries stationed in the Monterey area. The Unit maintains custody of the health records of all active duty Navy/Marine Corps personnel. Navy/Marine Corps personnel reporting to, or detaching from, the Presidio of Monterey or the Naval Postgraduate School and its tenant activities are required to personally check in and check out their health records. Check in/check out procedures will be processed during normal duty hours, 7 to 4, Monday through Friday.

Health Care Consumer Committee

The Health Care Consumer Committee is a newly formed committee organized to open two-way communications between the consumer (military personnel and their dependents) and the medical facility at the Presidio. Any complaints, suggestions, questions or praise concerning care and treatment at the Presidio Health Care Clinic are welcome. Letters may be sent to Linda Butler, SMC #2350 or 599 D Michelson Rd. Please be specific, give names and dates if possible, and sign your name and address so you may be contacted if necessary. □

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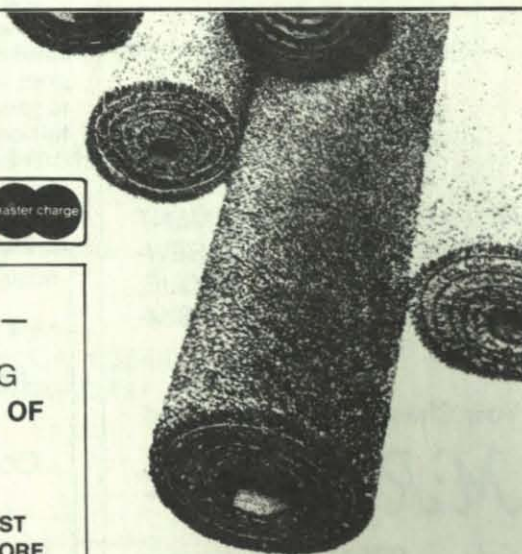
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GIRL SCOUTS Campfire Girls

Girl Scouting is well represented in La Mesa. There are currently four Brownie troops (grades 1-3), two junior troops (4-6 grade) and a cadette troop (junior high). There is currently no senior troop in La Mesa but residents are invited to join other senior troops in the area. Troop leaders are urgently needed. For troop placement or information on becoming a leader call Susie Hall, 375-1356. □

Campfire Girls is offering new programming for all ages from young girls and boys to adults. Small groups are still an active program inside traditional structure, but new mini courses, recreational adventures and outdoor activities have been added to give more people an opportunity to join in a campfire experience. Information may be obtained by calling Santa Lucia Council, 372-0700 in Monterey or 424-5769 in Salinas. □

Cub Scouts

Boys between the ages of eight and eleven are eligible to join the Cub Scouts. However troops can not be formed without adult volunteers. Call Susie Hall, 375-1356. □

YMCA

One commodity that parents — especially fathers — never seem to have enough of is time, so it's important that father-child experiences be as a fulfilling as possible. The YMCA has two programs that are excellent, and fathers living in La Mesa or elsewhere on the Peninsula should consider learning more about them.

The Y-Indian Princess program enables fathers and their daughters, usually 6 to 8 years of age, to participate together in a variety of activities that nurture mutual understanding, love and respect. The program is carried on with a maximum of freedom, giving girls a chance to develop their own initiative with the help and guidance of their dads.

The Y-Indian Guides is a national father and son club program, sponsored by the Monterey Peninsula YMCA. It is a program in which fathers and sons participate together as big and little braves in small units known as "tribes." The Y believes that comradeship of father and son has mutual advantages that strengthen the family and enrich the community.

For further information call the YMCA, 373-4166. □

La Mesa Community Center

Need a convenient place to conduct meetings, recreational activities and social functions? The La Mesa Community Center located behind the Village Store is for your use as a housing resident.

The center provides three multi-purpose rooms separated by folding partitions, a small kitchen, an outdoor picnic area with barbecue pit, and can accommodate 15 to 65 people inside.

The center is available on a first-come, first-serve basis with nonprofit organizations having priority. Second priority goes to private parties and third priority to special interest groups (those charging tuition).

There is no charge for use of the center. To reserve it, apply in person to the Housing Director. □

Boy Scouts

Call LTC Kelleher 373-3973 for information. □

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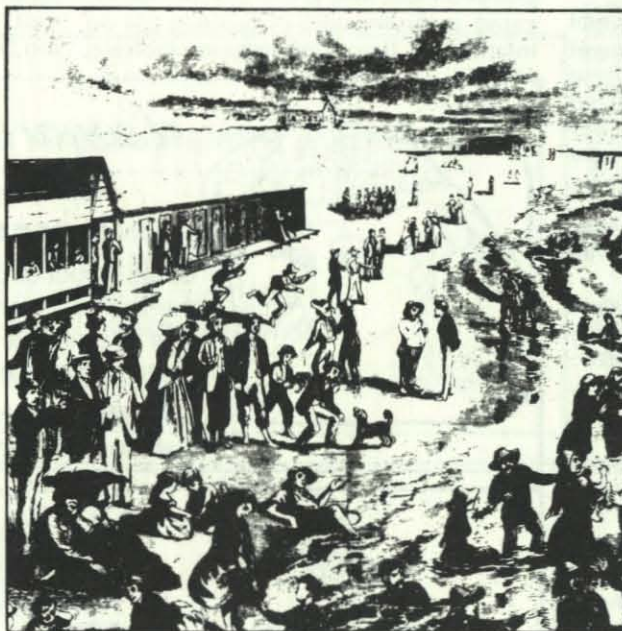
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— Cicero



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A PRESCHOOL DIRECTORY

Abundant child development studies have encouraged parents to send their young children to a preschool. Not only do these schools foster a spirit of social readiness outside the home, but evidence prevails that the preschooler is also able to handle basic academic material on a sensorial level. Whether your child requires the social interaction with peers to prepare for kindergarten or exhibits an interest in creative activity, do consider the preschool situation in your young child's needs.

The Monterey Peninsula has several preschool programs established to meet the many needs of small children. These diverse programs may be categorized basically as parent co-operatives, day care centers, and military and private nursery schools. A partial listing follows.

Carmel Mid-Valley Parent Co-op Nursery School, Carmel School, Carmel Valley Road, 624-1633.

Carmel Valley Parent Participation Nursery School, Tularcitos Elementary School, Carmel Valley Village, 659-4887.

MPC Laboratory Nursery School, Monterey Peninsula College, Monterey, 649-1150 ext. 314.

MPC Parent Participation Nursery School, MPC, Monterey, 649-1150 ext. 314.

Navy Nursery School, NPS Annex, Building 25, on Airport Road, 375-7562.

NPS Preschool, Naval Postgraduate School, Monterey, 646-2734.

Ft. Ord Preschool, Bldg. 3066, Ft. Ord, 899-3435.

Monterey Parent Participation Nursery School, Del Monte School, 649-7165.

Presidio Preschool, 234 Infantry St., Presidio, 899-3435.

The foregoing listing is by no means complete, and the inclusion of a school does not constitute an endorsement by CLASSMATE. An extensive list of private nursery schools may be found in the yellow pages. □



Babysitting Co-op

The La Mesa Babysitting Co-op is a babysitting exchange that provides companionship for your children and allows you to get away from them without worrying. If you are interested in joining or need further information, call Lori Hoipkemeier at 372-3617. □

Presidio Preschool

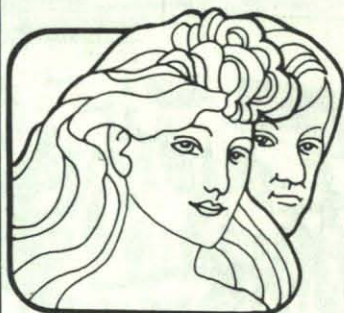
New this fall: Another preschool program developed by Lorraine Phillips, scheduled to begin at the Presidio on October 2, with registration to be held September 13 from 10:30-noon and on September 14 from 2:30-4:30. Accepting children 2 years 9 months through 5 years.

Tuition will be \$50 per month for classes that will be held 5 days a week from 9-12:00. There will be a \$10 one-time registration fee. The preschool will be located at the Presidio in Building 234 on Infantry St. If pre-registrations indicate

sufficient interest, additional classes will be formed, possibly some 2- and 3-day classes. For more information call Mrs. Phillips 899-3435. □

Mothers' Morning Out

Held at the Ft. Ord Preschool Bldg. one day a week every Thursday morning from 9:30-12:30, the preschool is for toddlers 16 months to 3 years. Reading readiness stressed. There is a \$10 a month fee and mothers participate about every five to six weeks for one day. There is a one to four ratio. If interested call Angel Morrison 242-6963.



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NAVY NURSERY SCHOOL

The Navy Nursery School Association is a non-profit, non-sectarian nursery for the three to five year old children of students and faculty of the Naval Postgraduate School. Children of international students are eligible to attend five days per week. Other than the above qualifications the only requirement is that the children be toilet trained. The school is located in the NPS Annex, Building 25, also known as Fleet Numerical Weather Central, on Airport Road in Monterey (three blocks from the fairgrounds).

Our school's program is designed to

develop the child's practical, social, sensorial and intellectual skills through activities that include painting, crafts, music, nature study, dramatic play, housekeeping, stories and outdoor play. Two schedules are available: Tues./Thurs. and Mon./Wed./Fri. The instructional program is from 9 to 12 noon. However, to facilitate fathers' schedules at NPS, children may be left any time after 7:45 a.m. and picked up before 12:30 p.m. at no additional charge. The tuition is \$17 per month for two days per week and \$25.00 for the 3 days per week program.

We are extremely proud of our school, its faculty, its atmosphere and its facilities. We invite you and your preschooler to join us. Call President Sheri

McDonald, 375-7276, Vice President Yvonne Frame, 649-6764, Director Vernes Fowler, 375-7562 or Membership Chairman Carol Sherfese, 375-1629 for information. □

NPS PRESCHOOL

The NPS Preschool is conveniently located in Building 238 on NPS's grounds. Its services are available for three to five-year-old children of all military personnel, civil service (GS-11 and above) personnel stationed at the Postgraduate School and foreign students.

The NPS Youth Training Program holds morning sessions from 9:30 a.m.-noon, as well as afternoon sessions from 1-3:30 p.m. By providing an environment of both structured and unstructured activities such as coloring, crafts, stories, educational games, music and outdoor play, the program strives to improve the child's perceptual, reasoning and language skills. The four-year-olds program provides a warm and relaxed atmosphere for beginning phonics and reading readiness.

Classes for the three-year-olds are available on Tues. and Thurs. while Mon., Wed. and Fri. sessions accommodate the four-year-olds. Tuition is \$22 per month for the Tues. and Thurs. session and \$30 per month for the Mon., Wed. and Fri. session. The regular class schedule runs from September to mid-June with a maximum enrollment per individual class of 12 students. Further information may be obtained by calling the director, Miriam V. Mull, at 646-2734. □



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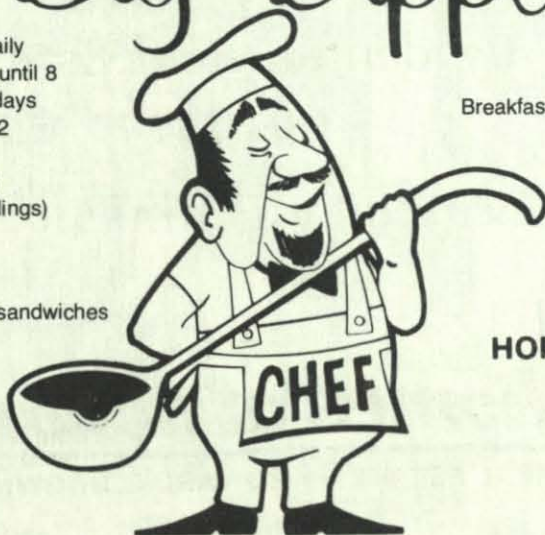
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Adult Educational Opportunities

by Nancy Lemke

Residents of the Monterey Peninsula are fortunate to have a wealth of low-cost educational opportunities. Whether you want to start working on a business administration degree or learn the fine art of foot massage, you can find the appropriate classes here.

The Monterey Peninsula College is a public community college located conveniently near NPS at 980 Fremont. It is accredited to confer the degrees of Associate in Arts in the liberal arts area and Associate in Science in the science, technical or vocational fields. Students may also earn a Certificate of Achievement upon completion of programs in designated vocational areas. Courses are also offered in preparation for transfer to a four-year college or university or for personal or professional growth.

A wide variety of subjects are taught. Major areas of study include business, art, engineering, home economics, music, history, biology, physics and many others. Classes such as ornamental horticulture, cat care, and spinning and dyeing make it possible for anyone to find something of interest to take.

There is no tuition for residents of California. Active military personnel and their dependents who have resided in California less than one year prior to the first day of classes are classified as residents for tuition purposes. However, after one year the legal residence must have been changed to California in order to maintain resident status. Non-resident tuition is \$46 per unit. Questions regarding resident status should be referred to the registrar's office, 649-1150, Ext. 210 or 211.

Throughout the year MPC Community Services offer a wide variety of events such as plays, films, concerts, lectures and other performing arts programs for both students and the general public. Special seminars, workshops and short courses are also sponsored by Community Services. Examples of these courses include a transactional analysis workshop, karate, movement exploration, gymnastics for children, stained glass, quilting and woodfinishing. There is a nominal charge for these classes. For further information call the MPC Community Services office, 373-5522.

An informative newspaper and class schedule is published before each session of MPC and is distributed throughout the community. Catalogs are avail-

able at the bookstore on campus and also in the campus library. More detailed information concerning admission and registration can be obtained at the admissions office.

Adult School programs sponsored by the Carmel, Pacific Grove and Monterey school districts are stimulating and of interest to a broad range of people. Classes are held at various locations and are open to all residents of the area, not just the residents of the sponsoring district. Adult Schools offer classes in crafts, homemaking skills, child care and development,


childbirth education, driver education, physical education, office skills and other vocational and general interest subjects.

There is a nominal fee charged for some classes; others are free. Class schedules are published before the start of each semester session and no pre-registration is required; registration is conducted at the first class session. Further information can be obtained by calling the following numbers: Carmel Adult School, 624-1714, Pacific Grove Adult School, 373-4951, Monterey Adult School, 649-7386. □

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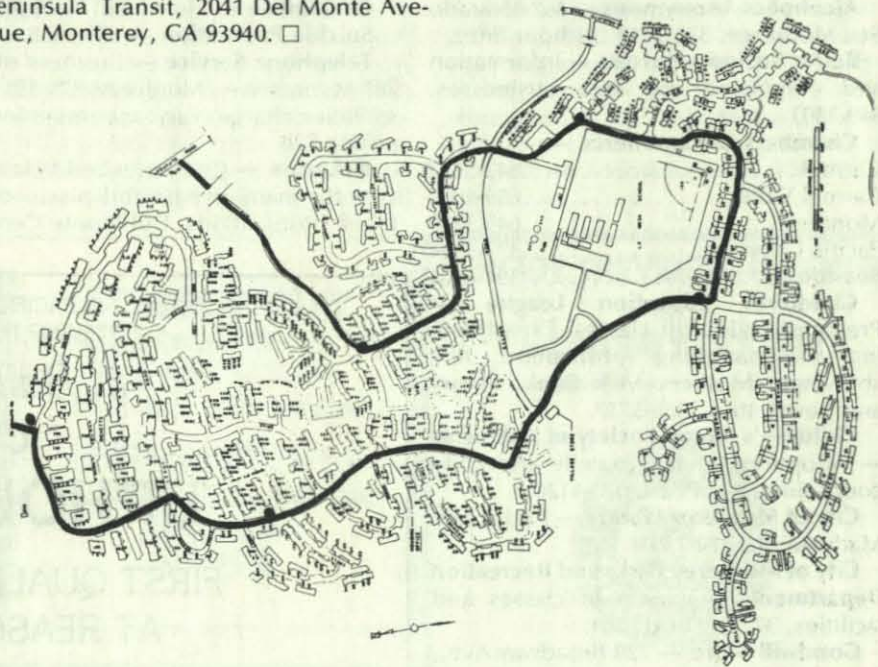
Monterey Peninsula Transit Information

The Monterey Peninsula Transit operates 15 bus routes from 6 a.m. to 7 p.m. They are as follows:

Line 1 - **Presidio** (DLI, New Monterey, David Ave.); Line 2 - **Pacific Grove** (Monterey/Pacific Grove via Lighthouse Ave.); Line 3 - **La Mesa Village via Skyline Forest** (Skyline Forest, Del Monte Center, Glenwood Circle, La Mesa Village); Line 4 - **Carmel Rancho** (Monterey/Carmel via Del Monte Center); Line 5 - **Carmel Point** (Monterey/Carmel via Del Monte Center, Community Hospital); Line 6 - **Kimball Ave.** (Monterey/Seaside); Line 7 - **Marina via Broadway** (Monterey/Marina via Seaside, Fort Ord); Line 8 - **Del Rey Oaks** (Monterey/Del Rey Oaks); Line 9 - **Fremont/Hilby** (Monterey/Seaside); Line 10 - **Fremont/Ord Grove** (Monterey/Seaside); Line 11 - **Oak Grove** (Monterey/Navy School); Line 12 - **Marina via Coe Ave.**; Line 13 - **Garden Road Shuttle** (Del Monte Ave./Garden Road, during peak hours only); Line 20 - **Salinas** (Monterey/Salinas via Seaside, Ft. Ord and Marina); Line 22 - **Big Sur** (Monterey/Big Sur via Carmel, summer months only).

A complete system route map appears on pages 2 and 3 of the yellow pages of the phone book.

Exact fare is 35 cents; drivers carry no change. Thirty-six ride Commute Books for \$10, are available from MPT or from drivers. For schedules or route information, call 372-4494 or write Monterey Peninsula Transit, 2041 Del Monte Avenue, Monterey, CA 93940. □



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Where to Find Help

Al-Anon — Help for families and friends who must deal with the problems of alcoholism, 649-1439.

Alcoholics Anonymous — 467 Alvarado St., Monterey, 373-3713 (24-hour line).

Better Business Bureau — Information and complaints on area businesses, 649-3303.

Chambers of Commerce —
Carmel642-2522
Carmel Valley659-4000
Monterey649-3200
Pacific Grove373-3304
Seaside394-6501

Childbirth Education League — Prepared childbirth classes, breastfeeding and parenting information, film showings, Mothers Milk Bank, library and newsletters, 375-5737.

Children's Home Society of California — Adoption services, family and child counseling, 444 Pearl, 373-4126.

City of Monterey Library — Pacific and Madison St., 372-7391.

City of Monterey Parks and Recreation Department — Variety of classes and facilities, 372-8121 Ext. 281.

Goodwill Store — 729 Broadway Ave., Seaside, 394-1212.

Lawyers Referral Service of the Monterey County Bar Association — 321 W. Alisal St., No. 101, Salinas, 424-1401 (24-hour answering service).

Legal Aid Society of Monterey County — 1011 Cass St., Monterey, 373-3651.

Monterey Bay Dental Society — (referrals) 680E Romie Lane, Salinas, 758-8406.

Monterey County Consumer Affairs Department — E. Laurel Dr. and Natividad Rd., Salinas, 758-3859.

Monterey County Medical Society — (referrals), 19040 Portola Dr., Salinas, 455-1833.

Monterey County SPCA — Spay-neuter clinic, receiving and adoption, cruelty investigation and 24-hour emergency rescue service, 373-2631.

Monterey County Health Department — Sexuality counseling for males, females and couples. VD clinic, alcoholism services, pamphlets on dental care and nutrition. 1200 Aguajito Rd., 373-0111.

Monterey Peninsula Airport — Served by:

Air California373-6161
Hughes Airwest372-8161
PSA649-3812
United Airlines373-4481
Paging373-3733

Planned Parenthood of Monterey County — Pregnancy testing, abortion referral, gynecological services and infor-

mation on birth control and pregnancy. Referrals on infertility and genetic counseling. 229 17th, Pacific Grove, 373-1691.

Post Office — Herrmann Hall, NPS.

Suicide Prevention — 649-8008.

Telephone Service — Business office, 787 Munras Ave., Monterey, 375-1511. Installation charges vary; maximum for one phone \$28.

Ticketron — Computerized ticket service for many events and places of interest. Roos Atkins, Del Monte Center.

United Parcel Service — \$2 fee for picking up packages. Must know weight, value and complete correct address when arranging for pick-up. 1139 Madison Lane, Salinas, 758-2777.

Volunteers in Action-The Voluntary Action Center — 444 Pearl St., Monterey, 373-6177, 373-6718, 373-6664.

YMCA — 404 Camino El Estero, 373-4166.

YWCA — 276 El Dorado, 649-0834.

Zip Code Information — 372-5804. □

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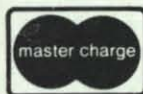
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Suicide is Preventable

The Suicide Prevention Center will hold a new training class for volunteer telephone counselors beginning Monday, September 18, 1978. Monterey County has a suicide rate equal to that of San Francisco, so it is evident that there is a great need for this service here. According to the Coroner's office, there were 51 certifiable suicides in the county in 1977, and the actual figure could be four or five times higher since many suicides are not recorded as such.

Calls at the center range from highly suicidal . . . who need immediate emergency assistance to calls from lonely or unhappy people . . . who need a sympathetic listener or referral to a community agency. New volunteers will learn how to deal with people in crisis situations and to give the sort of help that sometimes can make the difference between life and death. Potentially suicidal callers can often be helped back to a full and meaningful life if they can just reach

someone who understands what they are going through before it is too late.

Although no special background is required, volunteers need to be eighteen or over and willing to work four hours a week. Training includes lectures, group interaction and practice calls, and above all, it builds the self-confidence needed to help others.

In order to continue providing this 24-hour-a-day service to the community, your concern and commitment is needed and appreciated. This work is a positive affirmation of life for both the volunteer and the caller. For information call 649-8008 in Monterey, and 424-1485 in Salinas. □



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THE CLASSMATE

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Monterey Peninsula REVIEW

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Saturday 4:30 to 11:00

Sundays 4:30-10:00

SUICIDE PREVENTION CENTER TRAINING CLASS FOR VOLUNTEERS BEGINS MONDAY, SEPTEMBER 18

Monterey County has a suicide rate equal to that of San Francisco, so it is evident that there is a great need for this service here.

Training includes lectures, group interaction and practice calls, and above all, it builds the self-confidence needed to help others.

Your commitment is needed. Call 649-8008 in Monterey or 424-1485 in Salinas for information.

A LIFE COULD DEPEND ON YOU!

Veterinary Clinic

Shots for dogs and cats are offered for minimal fees at the Fort Ord Veterinary Clinic. Rabies and DA2LT shots (old DHL plus extra vaccine for kennel cough) are given to dogs while cats are given rabies and distemper shots.

The clinic is located in Building 3144 at the corner of Fifth St. and Ninth Ave. Clinic hours are from 12:30 to 3:15 p.m. Monday and Wednesday, and from 8 a.m. to noon on Friday. Appointments are necessary and can be made by calling 242-4994 from 8 a.m. to 11 a.m. Monday through Thursday. Children under the age of ten are not allowed in the waiting room. □



HOURS OF OPERATION

NPS HOURS

MAIN RETAIL STORE (373-7277)

Closed Sunday & Monday
10:30 AM-5 PM Tues.-Fri.
10 AM-5 PM Sat.

PERSONALIZED SERVICES (373-5933)

Closed Sunday & Monday
9:30 AM-5 PM Tues.-Fri.
10 AM-5 PM Sat.

LAUNDRY-DRY CLEANING (373-7660)

8:30 AM-5 PM Mon.-Fri.
9 AM-6 PM Sat.

BARBER SHOPS

(373-2232)

Bldg. 301 Exchange
8:30 AM-5 PM Mon.-Sat.

(373-5505)

Herrmann Hall
Bldg. 220-Appointment
8:30 AM-4:30 PM Mon.-Fri.

CASHIER

(373-7393)

11 AM-2 PM Monday
10:30 AM-5 PM Tues.-Fri.
10 AM-5 PM Sat.

BOOKSTORE

(373-1121)

10:30 AM-5 PM Mon.-Fri.
10 AM-5 PM Sat.

OUTDOOR-GARDEN STORE

(373-5666)

Closed Sunday & Monday
10:30 AM-5 PM Tues.-Fri.
10 AM-5 PM Sat.

SPORT & UNIFORM SHOP

(373-0828)

Closed Sunday & Monday
10:30 AM-5 PM Tues.-Fri.
10 AM-5 PM Sat.

SERVICE STATION

(373-7271)

Closed Sunday
8 AM-5 PM Mon.-Fri.
10 AM-2 PM Sat.

GASOLINE PUMPS

10 AM-5 PM Mon.-Sat.

PACKAGE STORE

(373-7511)

10 AM-5 PM Mon.-Sat.
10 AM-6 PM Fri.

THRIFT SHOP

(375-0886)

Building 206
10 AM-noon Mon.-Wed.-Fri.

FOOD SERVICES

Cafeteria-King Hall (373-8144)
11 AM-1:30 PM Mon.-Fri.

Sandpiper Deli

11 AM-5 PM Mon.
9:30 AM-5:30 PM Tues.-Sat.

Snack Bar-Golf Course (373-8118)

9 AM-5 PM Sun.-Fri.
7 AM-5 PM Sat.

LA MESA VILLAGE STORE

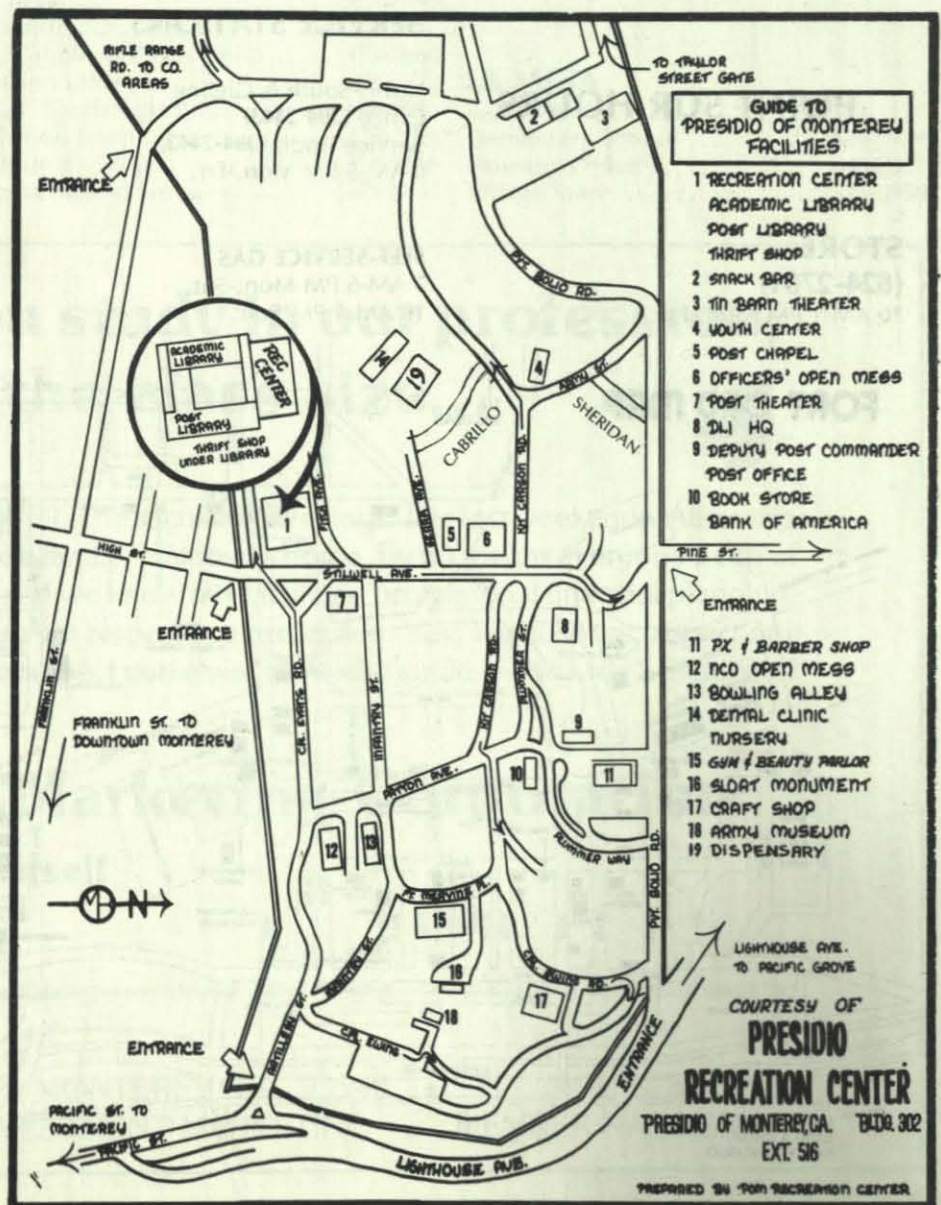
(375-0959)

10 AM-7 PM Mon.-Sat.
Noon-6 PM Sun.

BEAUTY SHOP

(372-1121)

8 AM-3:30 PM Mon.-Tues.
8 AM-5 PM Wed., Fri., Sat.
8 AM-6 PM Thurs.



TELEPHONE GUIDE

Emergency Numbers

Police	911
Fire	911
Ambulance	911
NPS Security	646-2555
if busy	646-2556
Fort Ord Emergency Room	242-7631
if busy	242-7632
.....	242-6551
.....	242-7633
Poison Control	242-7631
Suicide Prevention	649-8008
Family Stress Line	373-4773
.....	373-4775
Rape Crisis Center of the Monterey Peninsula	375-4357
.....	(375-HELP)
Women Against Domestic Violence	372-6300
Monterey County Department of Social Services	373-8411

NPS NUMBERS

Chaplain Offices	
Catholic	646-2242
Protestant	646-2241

Child Care Center	646-2734
Information Operator	646-2411
(working hours)	
Legal Office	646-2506
Navy Relief	373-7665
Officers' Club	372-1339
Package Store	373-7511
Quarterdeck	
(after hours information)	646-2441
Thrift Shop	
(Bldg. 206-NPS)	375-0886

EXCHANGE NUMBERS

Barber Shop	373-2232
Barber Shop, He 281	373-5505
Bookstore	373-1121
Cafeteria, King Hall	373-8144
Cashier	373-7393
Laundry, Drycleaning,	
Cobbler & Tailor Shop	373-7660
Main Exchange	373-7277
Navy Exchange Officer	646-2576
Optical Shop	373-2724
Outdoor Shop	373-5666
Personalized Services	373-5933

Repair Appt. Desk (auto)	373-6264
Service Station	373-7271
Special Order Desk	373-7277
Sport and Uniform Shop	373-0828

RECREATION NUMBERS

Bowling Lanes	646-2288
Gear Issue Room	646-2939
Golf Course	
Pro Shop	646-2167
Snack Bar	373-8118
Gym	646-2497
Recreation Office	646-2466
Sports Director	646-2497
Tennis Professional	
George Cornford	375-7444
Swimming Pool	646-2275

LA MESA

Beauty Shop	372-1121
Elementary School	649-7474
Housing Office	646-2321
Village Store	375-0959

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NAVAL ANNEX

Nursery School375-7562

FORT ORD

Information242-2211
 Barber Shop899-0822
 Beauty Shop (new)899-3198
 Bowling Lanes899-1545
 Ceramic Shop242-3983
 Child Care Center242-3013
 Commissary (hours)242-3663
 Commissary (information)242-4242
 or242-6263
 Craft Shop Director242-3707
 Flower Nursery242-6706
 Four Seasons899-2339
 Golf Course899-0636
 Jewish Chaplain242-7855
 Main PX899-2336
 Movie Information242-4937
 Officers' Club899-3445
 Optical Shop899-1700
 Passport Sec.242-2430
 Pet Shop899-0777
 Rent-All Center899-0808
 Thrift Shop242-2933
 Vet Clinic242-4994

MEDICAL APPOINTMENTS (FORT ORD)

Centrex242-7611
 Appointments made for all
 clinics, including OB/GYN
 (Referral Unnecessary)
 Pediatric Clinic242-7645
 Optometry, Building 4380242-5976

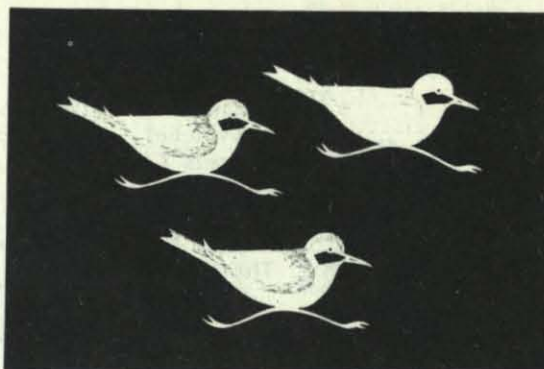
PRESIDIO

Beauty Shop372-2664
 Craft Shop242-8451
 Child Care Center373-2346
 Health Clinic
 Appointments373-2924
 Head Nurse242-8234
 Information242-8662
 Laboratory242-8672
 Medical Records242-8606
 or242-8663
 Naval Medical Admin. Unit242-8614
 NCOIC242-8674
 Officer-in-Charge242-8333
 Pharmacy242-8332
 Physical Exam Appts.
 (active duty only)242-7611
 Screening Clinic242-8662
 Sick Call242-8606
 X-ray242-8673
 Movie Information242-4937
 Officers' Club649-6677
 Operator242-2211
 PX372-1221
 Rent-All Center372-3500

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